366 MENUS & 1200 RECIPES

OF THE

BARON BRISSE

IN FRENCH AND ENGLISH

TRANSLATED BY

MRS MATTHEW CLARK

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SEVENTH EDITION

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PREFACE.

THIS book, which was already one of the most useful and practical of cookery books, has been rendered more complete in this edition by many alterations and modifications.

The bills of fare are written entirely according to our French customs.

Dishes used by both rich and poor are given in their proper seasons.

The recipes have come from many different schools of cookery, and are clearly and concisely explained.

In this edition, as in my previous ones, I have not attempted to give recipes for using up scraps, as this art is only useful when you run short of provisions; it is quite a mistake to imagine that warming up previously cooked meat is economical, as all good transformations must be expensive. The only way to use up scraps of meat is to warm them in any of the simple sauces, recipes for which will be found further on.

Scraps of fowl or game must not come under this category, as all salmis and marinades have to be made from fowls or game which have been previously roasted.

Entrées of game or fowl must always be warmed up, in the same sauce, if required to be used on the second day.

In cookery, above all things, "Nothing can come of nothing."

THE AUTHOR.

TRANSLATOR'S NOTE.

THE first object I had in translating this work, was to please my cook; but having been asked by many of my friends to give them the recipes (in English) for some of the celebrated Baron's excellent dishes, I determined to allow my poor translation to appear in print. May I, under these circumstances, ask the forgiveness of all English cooks, if I venture to give them a few hints how best to carry out the views of one of the greatest of French chefs?

Soups.—The reader will at once see that no colouring is ever used in French soups.

Fish.—There are many kinds of fish mentioned, which you rarely see named in the fishmongers' bills of fare, but they can be procured at any good fishmonger's if asked for, such as Garfish, Weaver, or Whiting Pollock. Crayfish in excellent condition can always be procured at Schell's, in Wigmore Street.

Beef.—Whenever boiled beef is mentioned, it means fresh, not salt meat.

Vegetables.—Celery roots and cardoons, both most delicious vegetables, are seldom seen at English dinner-tables, but they have been for sale at Martin's, in Covent Garden, for several years past.

Cooking wine.—Chablis is the white wine generally used for cooking in France; so in the recipes, I hope it will always be used, unless Madeira or Sherry is specially mentioned.

Bills of fare for fast days.—There are so many good dishes for our fast days given in this book, that I hope all Catholic families will try them, and perhaps pass happier Fridays than hitherto.

EDITH MATTHEW CLARK.

ORDER OF DINNER.

THE art of giving dinners consists in the knowledge of certain rules, consecrated by custom and determined by fashion, as to the choice of dishes and the reason of their selection, according to time and circumstances.

Every country has its different customs which very much depend on the climate and character of its people.

But I will now only speak about the manner of serving dinners in our beautiful country of France, as I feel I need go no further for fashions; all the world acknowledges that it is from us that the most varied culinary resources come, and it is also in France that the cleverest artists have devoted their talents to the preparation of dishes, with which to enrich our bills of fare. In fact, it is to us that all fashions of different nations are brought to be accepted according to their merits, and this exchange of new thoughts and ideas has created what is called "fashionable life."

DECORATIONS OF THE DINNER-TABLE.

How to lay the Covers.—The Order of Dinner.

Formerly dinner-tables were heavily decorated with massive bronze, silver, and cut-glass ornaments, which prevented the guests from seeing each other across the table, and rendered conversation with your opposite neighbour impossible. At the present time, these ornaments have been superseded by low flower-baskets of either glass or silver. Formerly candelabra only held four or five candles, now they hold as many as fourteen or fifteen, so we require fewer and have more light.

Each guest must have a tumbler and three wine-glasses

placed on his right-hand side, arranged according to the order in which the wines are served. First, Madeira; second, Bordeaux; third, Champagne. During dinner extra wines have special glasses handed with them. Finger-glasses with warm water must be handed after crayfish or prawns.

The dessert plates must always have a doiley and a finger-glass placed on them.

There are two different ways of serving dinner,—the French and the Russian.

The French dinner is divided into three courses, the first comprises soup, small side dishes, fish, and entrées; the second, roasts, vegetables, and sweets; the third, dessert, each course being all placed on the table at the same time.

The Russian fashion is to place all cold dishes on the table. The hot dishes are carved in the kitchen and handed one by one to the guests. Each of these arrangements has its advantages and disadvantages. In the French fashion your dishes often get cold before you can eat them, and in the Russian the guests are deprived of seeing elegant dishes prettily placed on the table.

However, it lies entirely in the hands of the host to choose between these two fashions, according to the capabilities of his household.

Order in which to serve Dinner.

Soups.

Small side dishes, viz. Sardines, Radishes, &c.

Melon.

Small hot side dishes, viz., Stuffed Olives, Marrow-bones, &c.

Fish.

Joint.

Entrées of Meat, Fowl, and Game.

Cold entrées.

Punch Ice.

(The punch must always be served between "the cold entrées and the game.")

Roast Chickens and Game.
Salad.
Dressed Vegetables.
Sweets.

After this clear the table of everything, except flowers and fruit, and hand cheese, fruits, cakes, bonbons, and ices.

Coffee and liqueurs are handed in the drawing-room.

Order in which the Wines are handed.

During the whole of dinner, well-iced dry and sweet champagne must be served.

After the soup.
Madeira and Vermouth.

With the fish.
Burgundies : either Beaune, Volnay, or Pomard.
Clarets : either Mouton, Rausan-Ségla, Leoville, Gruand-Larose, Lascombes, Pichon-Longueville, Clos-d'Estournel, or Monrose.

Between the cold entrées and the game, offer with the punch ice either Château Yquem or Rhine wine ; these wines must only be slightly iced, and served in green glasses.

With the roasts and dressed vegetables.
Burgundies : La Romanée Conti, Clos Vougeot, or Chambertin.
Clarets : Château Lafite, Margaux, Latour or Hautbrion.

With the sweets.
Sherry.

During dessert.
Sweet wines, such as Malmsey, Muscatel, or Tokay.

Duties of the Host to his Guests.

You must welcome your guests with effusion, so that they may feel quite at home before sitting down to dinner. Try if possible to introduce your guests to each other before dinner,

particularly if you think there are two people who will sympathize with each other. The decision how to place the guests at table must always be a troublesome business for the host; in fact, I consider this the most difficult part of giving a dinner, if you wish it to go off well. The host must always have his eye on his guests' plates and glasses, to make sure they have all they require; and if a guest refuses a dish, the host must try and persuade him to change his mind. A host whose guest has had to ask for anything is a dishonoured man.

Duties of a Guest towards his Host.

The first duty of a guest is to be punctual. Unpunctuality must necessarily cause confusion in the kitchen. A dish you have had to wait for is generally good, whilst a dish which has had to wait is generally the contrary. The result is that the cook gets demoralized, he loses his temper at the dinner not being appreciated, and certainly it is sufficient cause to discourage the best of chefs. In consequence it follows that the cook gets into the bad habit of sacrificing the flavour of a dish to the form of serving, finding he has not given satisfaction in the cooking, he tries to please the eye. I cannot speak too strongly on the affectation of being late for dinner, and a good host ought not to wait for one or two people who are late whilst five or six others are watching the hands of the clock and yawning convulsively, a sure proof of how hungry they are. Shame on unpunctual people! These persons are sometimes called inexact, but it is a wrong name to give them; for a really inexact man will arrive one day ten minutes before his time and the next day ten minutes after, but unpunctual people are very exact, they always come late.

They are generally people who find it is the only means of attracting attention, and there are others who think it makes them of importance.

Unpunctuality really means a wish to force people to acknowledge their slavery to the laws of society.

PROVISION CALENDAR.

January.

Under the first kings of France the year commenced on the 1st of March, but during Charlemagne's reign it was altered to Christmas-time; after Hugh Capet it was changed to Easter; and under Charles IX., the lover of the beautiful Marie Touchet, the anagram of whose name is "Je charme tout," the 1st of January became New Year's day; and it was announced all over Paris with a flourish of trumpets that for the future the 31st of December would close the year. This was a very good decision, for January is worthy of being the first month of the year; the winter season blessed by all gourmands now commences. I have before my eyes an engraving of the sixteenth century, where the twelve months of the year are represented by as many figures.

January is personified by a man at table; he is eating like Gargantua, and drinking like Bassompierre, who used to drink a large butt of wine at one draught to the health of the thirteen Swiss cantons; not like St. Macaire of Alexandria, whose saint's day is the 2nd of January, for he only used to eat one leaf of raw cabbage every Sunday; but much more like Charlemagne. January is without doubt the great month for eating.

Provisions in season during January.

All butcher's meat is good, and fattened poultry are in their prime. Added to the usual game, we have woodcock, larks, geese, and wild duck. The Mediterranean provides us with fresh tunny, and all other fish are in perfection. Truffles have more perfume than at any other time of the year. The first forced asparagus comes into the markets.

February.

In all the old almanacks February is represented by an old man warming himself; he is poking the fire and shivering like Méry, who always wished that the summer would come and spend the winter at Marseilles. This legendary figure seems to say to us, "Pray make yourselves comfortable."

During this month indigestion is the order of the day. We are in carnival time, which Jules Janin translates as "Adieu to flesh;" carnival, with all its follies and intemperances. Avalanches of truffled fowls and pies of the most tempting description come from the sacred places where truffles are produced. How is it possible not to succumb? The temptation is too great! Much eating conduces to much drinking, and this can never be more safely done than before Lent; the military man is able to carry his wine; the southerner need not fear sunstroke, and the northerner does not get into a fog The great gastronomical battle always takes place during Shrove tide; after which the gastronomical year may be said to close, and a little diet is most necessary; Lent might almost be called the gourmand's holiday.

Provisions in season during February.

We have all the same as in January, with the exception of a few more forced vegetables. Butcher's meat continues in perfection. Game is scarcer, but excellent. The plump white woodhens are at their best, particularly those from Bains, in the Vosges; and we must not forget to shed a tear for the redbreast, which we are deprived of having at our tables by the gentlemen of the Museum of Natural History, who have forbidden their being killed. These professors have most assuredly never tasted this little bird, or they would never have issued this law.

March.

Repose is as much the result of a well-organized digestion as of a quiet mind. The fatigues of the carnival are only a

dream in March, and Châteaubriand always told Madame Recamier that the most beautiful half of our lives was composed of our memories. We must religiously recommence to enjoy the rich gifts which are provided for lovers of gastronomy. We have kept Lent amongst our traditions, simply to give historical pleasure to St. Matthew, St. Mark, and Pope Telesphore, not forgetting the lovers of the God "*Fish.*" No one looks on Lent with sadness. A peasant, who had once been a rich man's servant, was heard to say, "I cannot fast, it is far too expensive; for to fast you must have water game, Geneva trout, carp from the Rhine, forced fruit and vegetables, truffles and champagne." The peasant was perfectly right, for surely the meals of some of our most religious devotees cannot be put under the category of "Abstinence."

Provisions in season during March.

Butcher's meat is not quite so good, but it is the effect of spring weather on the cattle. We have to fall back on the sea for our resources, not by throwing ourselves into it from a rock, like the unhappy Sappho, but by welcoming myriads of turbot, brill, soles, lobsters, and especially oysters, which are better now than at any other time of the year. Hens begin to lay abundantly, and we have forced asparagus, artichokes, radishes, lettuce, peas, French beans, and cauliflowers.

April.

Palm Sunday and Easter are generally celebrated in this month, and so naturally we come to the Pascal Lamb; other lambs meekly fall under the butcher's knife, and hams present themselves under the triple banner of York, Mayence, and Bayonne. Three cheers for the pork-butchers! No wonder that even poets have sung in their praises. Butcher's meat begins to improve and the first outdoor vegetables, such as asparagus and green peas, gladden the hearts of kings and peasants. In contradistinction to these earthly constellations, we are rejoiced by the sight of a sea star, namely, mackerel, which is so frequently

dressed maître d'hôtel. Kings have often in vain named towns and monuments, but mackerel à la maître d'hôtel is a dish for all centuries. The shad leaves the sea, and comes up the rivers, to try and console us for the loss of game and good poultry.

It is true we are still a little under the shadows of Lent, but nature is waking us up to more joyous feelings. Vegetables and many-coloured flowers refresh our eyes, and we have arrived at the season when our superior feelings of justice must decide against those of the poultry-yard, as regards spring chickens. Mackerel are usually the avant-couriers of sturgeon, which latter fish you can at present buy very cheaply in Paris, no doubt from its having caused many an indigestion when larded with fillets of eel and anchovy and basted with thick crayfish sauce.

Provisions in season during April.

The same as in March, with the exception of a few more vegetables.

MAY.

This month is often called the month of Mary, without any prejudice to August, which is not only the special month dedicated to the Virgin, but also to the Emperor Augustus. During May lovers and gourmands are of the same mind, the markets try to vie with nature, and deck themselves out gaily with spring chickens, young fowls, and the adorable duckling from Rouen and Nantes, all of which come to gladden our eyes. Amiable tame pigeons, tender as doves, are especially abundant and good just now, they mingle so gracefully with green peas and make a most delicious dish. Fresh morels make their appearance with their sweet perfume and flavour; dear amiable, juicy little morels which are so easy of digestion. We receive millions of artichokes and early vegetables from the south, and we thank it heartily for our anticipated enjoyments, but we must not forget that the finest fruit and vegetables come from "Île de France." Welcome also to the fresh butter which, thanks, to the young grass, is now in perfection.

Provisions in season during May.

Vegetables are more abundant; besides which we have melons, French beans, cauliflowers, and cucumbers, early peas, broad beans, lettuce, and young turnips, forced strawberries, and cherries.

June.

Here we are at the last month of spring, and it is specially celebrated for its beautiful red fruits and flowers. No one can dine better than the bees do this month. Let us follow their good example and abandon to a certain extent our carnivorous tastes, and enjoy all the savoury and abundant productions which are in season. We now have fine young fowls to charm us, and their number is further augmented by invaluable turkey poults and gallant young cocks, which we must no more confound with the interesting capon, than we would compare a fine opera singer with one of the choir at the Sistine Chapel.

Provisions in season during June.

Under glass: egg-plants, cucumbers, and tomatoes.

We can no longer count on asparagus, but out of doors there are French beans, spinach, Morella cherries, raspberries, cherries, strawberries, currants, and gooseberries.

July.

During this month the poultry-yard is in its full glory. There are fattened turkey poults, pullets, and capons. We must not forget veal, which is at its prime. Our markets are filled with river and sea fish; but we must begin to examine our fish critically from head to tail. The hay having been cut, we are enabled to catch crayfish, the little red fish which goes backwards, and which naturalists say is not a fish, is not red, and does not go backwards. Now is the time to make use of the well-flavoured young rabbits which are in season, and with these resources our dinners can be charmingly varied, whatever any one may say to the contrary. An experienced

dinner-eater is far too clever to grumble at imaginary deprivations during the month of July.

Provisions in season during July.

All vegetables are in season, and potatoes in abundance. Figs, apricots, peaches, early pears, and apples are now ripe.

August.

August was the Emperor Augustus' favourite month, and no one can have been a better judge of a good dinner than he was. This emperor had the whole world at his feet, and he could well set heat and cold at defiance. Rome was at this time not only the capital of the world, but also of gastronomy. Everything worth having was brought to Rome, without Augustus having to exclaim, as did Louis XIV., "I had *almost* to wait." Large cities become deserted in August on account of the great heat, and people either go to the country, to the sea-side, or to drink the waters. They go about the country and fields, and do not think much about eating. However, at the end of the month shooting begins, and gourmands are provided with young quail, leverets, and young wild boar. Other game is not worth much just yet.

Provisions in season during August.

The same as in July. Melons, figs, peaches, plums, pears, green almonds, green walnuts, and all kinds of vegetables.

September.

Partridge-shooting commences, and at the same time the vintages in the wine districts. Now is the season when you begin to eat with thought. All butcher's meat is good. Game will improve, but we get much which is very good. Thrushes have pecked sufficiently at the grapes to make them worth eating. Sea fish is abundant, and all fruits are in perfection. Truffles and oysters make their appearance very timidly. It is better not to be too familiar with them just yet, so as to enable your palate to get in order, and also to allow

the sun to put out a few of its fires, after which you will enjoy them with the enthusiasm which they deserve. William the Conqueror took England for the sake of an oyster-bed, and Talleyrand governed the world by the aid of truffles. Young plover begin to appear, and Guignard says they are the most delicate-eating bird. Certainly they know the art of making them into delicious pies at Chartres.

Provisions in season during September.

September eggs are very good, though not to be compared to those laid in May. Artichokes are better now than at any other time of the year, and it is time to pick our nuts.

OCTOBER.

It is for poets to make odes to spring, and for gourmands to make verses to autumn. Happy month of October, its only fault being that it is the last month of the gourmand's holiday. During October nature is still beautiful, and all food is good. It always brings back to me the happiest reminiscences. I can almost feel the sweet air of the woods blow against my face. What a jovial season! We are so gay, so strong, and have such an appetite. Thank God, I have always kept my lightheartedness, vigour, and appetite; but when I think of some of the companions of my youth, years gone by, oh! what phantoms they now are, with no digestion, dull eyes, trembling hands that can hardly hold either fork or glass; they may perhaps enjoy fortune and honours, but what wouldn't they give to be able to enjoy a good dinner as I do? When Brutus was dying of hunger after a defeat, he exclaimed, "Fortune is but a name."

Provisions in season during October.

Added to pears and apples we now have almonds, medlars, and chestnuts.

NOVEMBER.

Here we are in cold and foggy November, the gastronomical scene has changed; yesterday we were in the country, to-day we find ourselves in town. The actors are the same, only

feeling much strengthened and determined to brave indigestion, which after all can only be called "Remorse of the stomach." We have one recruit in our culinary army, a very unpretentious one, but that does not prevent its assaulting our appetite: I mean the fresh herring with soft roe, and eaten with mustard sauce. There is a saying that many people die in November, so I advise my friends to have more than one invitation to dinner for the same day, so that if one host fails, they can always have recourse to another to console them.

Provisions in season during November.

We are no longer troubled about provisions, our duty is to eat them.

December.

The festive season has now arrived for those gourmands, mostly bachelors who, like Rabelais, always dine out, and show their gratitude by not returning the hospitality offered to them. The hour of execution has sounded, but what an amount of tact is required not to give offence. Who are we to please, husband, wife, father-in-law, or mother-in-law? Try now, you husbands, who keep your house with a firm hand, and arrange the invitations. I make a bet that the mother-in-law has her own way; all I warn the guest to do is not to remind the mother-in-law that he remembers her in the comet year of 1811, or that the tail of her pet dog does not curl, for it would be sad to end the year with an empty stomach.

Provisions in season the same as in November.

THE 366 BILLS OF FARE.

JANUARY 1.

Potage à la Condé.	Purée of haricot beans à la Condé.
Barbue à la béchamel.	Brill, béchamel sauce.
Aloyau au vin de Madère.	Sirloin of beef, Madeira sauce.
Poulets rôtis à la peau de goret.	Roast fowl à la sucking-pig.
Artichauts à la barigoule.	Stuffed artichokes à la barigoule.
Baba au rhum.	Rum cake or Baba.

Purée of haricot beans à la Condé.

Make a purée of red haricot beans in the same manner as a purée of white haricot beans (see 2nd of July). Put some slices of fried bread in a soup-tureen, and pour the soup over them.

Brill, béchamel sauce.

Soak your brill in fresh water for two hours, drain, and cover with salt in a deep dish for an hour. Boil in boiling salt and water for twenty or twenty-five minutes over a slow fire. Be careful that the fish does not break. Hand some béchamel sauce in a sauceboat (see 16th of August).

Roast fowl à la sucking-pig.

Roast your fowl before a good fire; when nearly cooked, set fire to a lump of lard wrapped up in a piece of paper, which hold in a large iron spoon, let the melting lard drop on the fowl, this will produce a crackly skin like that of a roast sucking-pig.

Stuffed artichokes à la barigoule.

Trim and wash your artichokes, fill them with a stuffing composed of chopped mushrooms, eschalot, parsley, and bacon; the stuffing having first been warmed in fresh butter and seasoned with salt and pepper. Tie a piece of string round each artichoke, and simmer in a saucepan lined with bacon; sprinkle with salad oil, and serve with their own sauce reduced.

JANUARY 2.

Potage à la julienne.	Julienne soup.
Anguille à la minute.	Eels à la minute.
Selle de mouton garnie de rissoles.	Braised saddle of mutton with rissoles
Mauviettes rôties.	Roast larks.
Laitues farcies.	Stuffed lettuces.
Flan de crème meringuée.	Open tart of frangipane.

Julienne soup.

Cut up equal quantities of turnips, carrots, and celery into small strips, warm over a slow fire in a little fresh butter until slightly browned; add some strips of leek, lettuce, sorrel-leaves, chervil, and a small lump of sugar. Boil these vegetables in your stock over a slow fire for an hour; shortly before serving add, if in season, a tablespoonful of green peas and a handful of asparagus heads. Clear the soup of all fat, and pour into a soup-tureen on slices of fried bread crust.

Eels à la minute.

Skin your eels and cut into pieces; boil in salt and water for ten or fifteen minutes according to the size of the eels, place on a dish, pour some hot maître d'hôtel sauce (see 23rd of March) over them, add a few drops of lemon juice, and garnish with hot boiled potatoes.

Braised saddle of mutton with rissoles.

Braise the saddle of mutton (see braise 28th of May) and serve with the gravy reduced, garnish with rissoles (see 25th of January).

JANUARY 3.

Potage brunoise aux pâtes d'Italie.	Brunoise soup with Italian paste.
Morue à la crème.	Slices of cod with cream sauce.
Côtes de bœuf braisées, garnies de petits pâtés.	Braised ribs of beef with patties.
Perdreaux rôtis.	Roast partridges.
Marinade de choux-fleurs.	Cauliflower fritters.
Compôte de poires.	Compôte of pears.

Brunoise soup.

Slice some carrots, turnips, leeks, celery, and onions, wash and drain them; warm in a saucepan, with some fresh butter until brown; add a little stock and reduce to a glaze, pour into the necessary quantity of clear soup, and, when boiling, add some Italian paste, which has been boiled separately.

Slices of cod with cream sauce.

Soak a salted cod's tail and boil in boiling water, drain and cut it up into slices. Melt half a pound of butter in a saucepan, thicken with a little flour, and flavour with pepper and a very little nutmeg; when of a proper substance add a pint of cream and some finely chopped parsley, stir over the fire for five minutes, add the slices of fish, simmer for ten minutes, and serve.

Cauliflower fritters.

Blanch your cauliflower, break into pieces and dip into thick white sauce (see 31st of January), leave until cold, and see that they are thoroughly covered with the sauce; take each piece separately in a spoon, dip into batter (see 13th of November), and fry in boiling lard or butter. Serve very hot, garnished with fried parsley.

JANUARY 4.

Potage croûte au pot.	Soup with crusts of bread.
Merlans aux fines herbes.	Baked whiting with sweet herbs.
Poulet à la chasseur.	Chicken à la chasseur.
Filet de bœuf rôti.	Roast fillet of beef.
Pommes de terre sautées.	Fried potatoes.
Meringues à la Chantilly.	Meringues à la Chantilly.

Soup with crusts of bread.

Lay slices of toasted crust of bread in a deep dish, and moisten with uncleared stock, put the dish into the oven until the toast is brown and quite dry ; place the crusts in the soup-tureen and pour the necessary quantity of cleared stock over them.

Baked whiting with sweet herbs.

Clean the whiting and lay in a baking dish which has been previously buttered and sprinkled with chopped parsley, onion, a little salt, and scraped nutmeg. After placing the whiting in the dish, pour a little fresh melted butter over them, and moisten with equal quantities of white wine and stock. Put the dish in the oven, and when the whiting are half cooked, turn them carefully; when sufficiently done, turn their juice into a saucepan, being careful not to disturb the whiting, add some melted butter and flour to the sauce and boil, add a few drops of lemon juice when ready and a pinch of white pepper. Pour the hot sauce over the whiting, and serve in the same dish in which they have been cooked.

Roast fillet of beef.

Dress and lard your fillet of beef, and put to soak in salad oil with a little salt, pepper, parsley, slices of raw onion, and a laurel-leaf, for twelve hours. Roast on the spit for three quarters of an hour. Serve with its own gravy, simply adding a few drops of vinegar or the juice of a lemon.

JANUARY 5.

Potage à la purée de carottes.	Purée of carrots.
Brochet sauce au beurre d'anchois.	Pike, anchovy sauce.
Noix de veau à l'oseille.	Chump of veal with sorrel.
Canard sauvage rôti.	Roast wild duck.
Purée de lentilles.	Purée of lentils.
Soufflé vanillé.	Vanilla soufflé.

Purée of carrots.

Mince the best parts of some large fresh carrots, put them in a saucepan with some fresh butter and a pinch of sugar, stir until brown, moisten with stock; add a raw peeled potato, and simmer over a slow fire until cooked; pass through a tammy, thin the purée with stock, and serve. Hand fried bread cut into dice separately.

Pike, anchovy sauce.

To clean your pike you must first cut a hole in its stomach to separate the intestines, and then draw them out through the gills; when the inside is all drawn out, roe and all, boil in salt and water, and serve on a napkin. Hand anchovy sauce with it (see 5th of April).

Roast wild duck.

Truss the duck, roast by a quick fire, and serve with a lemon.

Purée of lentils.

Boil the lentils in salt and water with a small bunch of herbs, and some chopped onion and carrot, when boiled pass through a tammy and put the purée on the fire, adding either some fresh butter or a little stock to it. Serve with pieces of fried bread.

JANUARY 6.

Potage au pain.	Bread soup.
Pièce de bœuf bouillie sauce aux tomates.	Boiled beef and tomatoes.
Pieds de veau frits.	Fried calf's feet.
Lièvre rôti.	Roast hare.
Écrevisses à la bordelaise.	Crayfish, bordelaise sauce.
Gâteau des rois.	King's cake.

Bread soup.

A few minutes before serving, line the bottom of your soup-tureen with crusts of bread, pour sufficient boiling clear stock over them to make them swell, and add the necessary quantity of soup; never boil the bread in the stock, as it is sure to spoil it. Hand either grated Parmesan cheese, or the vegetables which have flavoured the stock in a separate dish.

Chump of veal with sorrel.

Cook the same as chump of veal à la bourgeoise (see 17th of January), and dish up on a purée of sorrel.

Tomato sauce.

Cut some perfectly ripe tomatoes into halves, simmer for half an hour in a saucepan, with some minced lean ham, thyme, laurel-leaves and white pepper, moisten with a tea-cupful of stock and simmer until quite thick, pass through a tammy. When required for use, a little butter or glaze can be added to the sauce.

JANUARY 7.

Potage au macaroni avec parmesan.	Maccaroni soup.
Poularde à la Montmorency.	Pullet à la Montmorency.
Bar grillé sauce tartare.	Broiled bass, tartare sauce.
Gigot rôti.	Roast leg of mutton.
Purée de marrons.	Purée of chestnuts
Omelette soufflée.	Omelet soufflé.

Maccaroni soup.

Soak your maccaroni in salt and water, and boil in a little stock: when cooked, put it in the soup-tureen and pour the necessary quantity of boiling stock over it. Hand either scraped Gruyère or Parmesan cheese with it.

Pullet à la Montmorency.

Dress a large fat pullet, lard the breast and stuff it with foie gras, hard boiled eggs, and chopped bacon: cook and brown it like a fricandeau (see 11th of May).

Roast partridges.

After plucking, cleaning, and trussing your partridges cover them with slices of bacon, and roast before a quick fire for fifteen minutes; sprinkle with salt five minutes before taking off the fire. Serve with brown gravy.

Crayfish, bordelaise sauce.

Boil your crayfish in court-bouillon sauce (see 18th of April) cook some chopped carrots and onions in butter, reduce to a glaze, then add a little white wine and some of the juice of the crayfish, reduce again and pass through a tammy, season strongly with parsley and cayenne-pepper: warm your crayfish in this sauce, and serve in a deep dish.

JANUARY 8.

Potage à la parisienne.	Parisian soup.
Carpes frites.	Fried Carp.
Poitrines de mouton à la sauce piquante.	Breast of mutton, piquante sauce.
Dinde rôtie.	Roast turkey hen.
Céleri au jus.	Stewed celery.
Tartelettes aux poires.	Pear tartlets.

Parisian soup.

Cut some leeks into pieces about one and a half inches long, warm in butter, and when brown put them into your stock with some slices of raw potato, and boil well. When cooked pour into the soup tureen over some slices of bread.

Fried carp.

Clean the carp, then split it open down the back, keep the roe; soak the fish for a few minutes in vinegar with a little thyme, parsley, laurel-leaves, nutmeg, salt, and pepper. Flour the carp and fry it; when half cooked, add the roe, also well floured, try to keep it firm and a good colour. Serve, sprinkled with salt and the roe placed on the carp. Garnish with fried parsley.

Breast of mutton, piquante sauce.

Dress two breasts of mutton, tie them round with string and either boil or broil them: when enough cooked, bone and skin them, tie them up again and sprinkle with salt and pepper, after which bread-crumb and broil them. Serve with piquante sauce (see 26th of June).

Stewed celery.

Blanch your celery, boil in stock, and simmer in brown gravy. A few slices of truffles add immensely to the flavour.

JANUARY 9.

Potage Colbert.	Colbert soup.
Anguille à la Suffren.	Eel à la Suffren.
Poulet à l'estragon.	Chicken with tarragon.
Quartier de chevreuil rôti.	Roast roebuck.
Épinards au jus.	Stewed spinach.
Bavaroise au chocolat.	Bavarian chocolate cream.

Colbert soup.

Thoroughly blanch the hearts of four or five heads of endive, warm them in butter, and add the necessary quantity of stock thickened with yolks of egg and cream. When done add some poached eggs.

Eel à la Suffren.

Skin your eel and lard it with fillets of anchovies and gherkins, lay it in a circle in a stew-pan, and cook with marinade sauce (see 3rd of December). Put hot coals on the cover of the stew-pan ; when done, serve, covered with tomato sauce, to which add a pinch of cayenne-pepper.

Chicken with tarragon.

Boil some finely chopped tarragon-leaves and take a third of them to mix with a stuffing made of minced liver of chicken, scraped lean bacon, salt and pepper, stuff the fowl with it, truss and cover with slices of bacon ; wrap up in a sheet of buttered paper and roast. Melt some fresh butter, stir in a little flour, and add the remainder of the tarragon leaves, a little gravy, a few drops of vinegar, salt and pepper. When the fowl is two-thirds cooked, take it off the spit and simmer in a stew-pan with the sauce until quite done. Thicken the sauce with two or three yolks of egg before serving.

JANUARY 10.

MENU EN MAIGRE.	DINNER FOR FAST DAY.
Riz au lait d'amandes.	Rice soup with almonds.
Carpe au bleu.	Pickled carp.
Œufs pochés à l'estragon.	Poached eggs with tarragon.
Éperlans frits.	Fried smelts.
Macaroni au gratin.	Maccaroni au gratin.
Beignets aux confitures.	Jam fritters.

Rice soup with almonds.

Put three quarters of a pound of half-boiled rice into three and a half pints of hot milk, simmer until thoroughly boiled, season with salt and a pinch of powdered sugar; add half a pint of milk of almonds just before taking off the fire.

Pickled carp.

In dressing the carp, be careful to open it as little as possible; tie up the head and place in a fish-pan, pour some boiling vinegar over it, then a tumbler of red wine, three large onions sliced, two carrots, parsley, sage, a little garlic, thyme, laurel leaves, and a few cloves. Let this simmer over a slow fire for an hour, after which leave in the fish-pan until cold, when it will be ready to serve.

Poached eggs with white sauce.

Have some boiling water, with a little vinegar and salt in it, ready to poach your eggs; when done, drain the eggs carefully, and serve with white sauce (see 31st of January)

JANUARY 11.

Potage aux petits oignons.	Young onion soup.
Maquereaux grillés à la maître d'hôtel.	Broiled mackerel à la maître d'hôtel.
Quartiers d'oie à la lyonnaise.	Hashed goose à la lyonnaise.
Filet de bœuf rôti.	Roast fillet of beef.
Choux-fleurs au gratin.	Cauliflower au gratin.
Abricots au riz, chauds,	Hot rice and apricots.

Young onion soup.

Peel and blanch your onions carefully; cook them in a little fresh butter until a good brown colour, put them into your stock, with a pinch of black pepper, when boiling clear the soup of all grease, and pour into the soup-tureen over slices of fried bread.

Broiled mackerel à la maître d'hôtel.

Clean and split open your mackerel, and put them to soak for half an hour in olive oil, with salt and pepper. Broil them, and when cooked put them on a dish and lay some cold maître d'hôtel sauce (see 23rd of March) in a wooden spoon over them, add a little lemon juice to the sauce. Serve the mackerel very hot.

Broiled bass, tartare sauce.

Broil your bass, and serve with tartare sauce (see 15th of March).

Hashed goose à la lyonnaise.

Cut the legs of the goose into small pieces, and fry in the fat of the goose; when done, fry some sliced onions in the same fat until brown, drain them, and lay on the pieces of goose, which must be piled up on a dish. Cover with poivrade sauce (see 21st of March).

JANUARY 12.

Potage à la Faubonne.	Soup à la Faubonne.
Matelote de carpe et d'anguille.	Stewed carp and eel.
Selle de mouton à l'anglaise.	Saddle of mutton.
Chapon rôti, au cresson.	Roast capon and watercress.
Macaroni à l'italienne.	Maccaroni cheese.
Pommes à la Bourdaloue.	Apples à la Bordaloue.

Soup à la Faubonne.

Cut up some young onions, celery, lettuce, and sorrel-leaves, brown them in fresh butter, add them to your stock, and, when boiling, thicken with a purée of green peas, and serve.

Stewed carp and eel.

Have a carp, an eel, some barbel, and live crayfish, cut all but the crayfish into pieces, and warm in some browning made of butter and flour, add some half-cooked onions, chopped mushrooms, a bunch of herbs, salt and pepper; moisten with good stock, red wine, and boil over a quick fire. When well boiled simmer half an hour over a slow fire. Serve with sippets of fried bread.

Roast saddle of mutton.

Hang your saddle until tender, then roast on the spit, wrapped up in buttered paper. A few minutes before serving take off the paper, to give the mutton a good brown colour. Serve with its own gravy.

Roast capon with watercresses.

Roast the same as a fowl (see 25th of June).

JANUARY 13.

Potage paysanne.	Peasant's soup.
Barbue sauce diplomate.	Brill, diplomatic sauce.
Civet de lièvre.	Jugged hare.
Cailles ou merles de Corse rôtis.	Roast quails or blackbirds.
Artichauts à la barigoule.	Stuffed artichokes.
Beignets de pommes chauds.	Hot apple fritters.

Peasant's soup.

Chop up some cabbage, carrots, onions, and celery, put them on the fire in a saucepan with some fresh butter and salt. As soon as the vegetables are soft, moisten them with stock and simmer over a slow fire for three hours; add sufficient water for the soup required, and simmer for half an hour. It is better if either lentils or haricot beans have been boiled in the water you add. At the end of half an hour, put in some chopped sorrel-leaves and lettuce, and boil. Pour the soup over crusts of bread in the soup-tureen.

Brill, diplomatic sauce.

Dress the brill and place in a fish-pan with some parsley, a sliced onion, salt and pepper, a bottle of white wine, and three wine-glasses of water. Cover the fish with buttered paper and place the pan in a slow oven. Serve with béchamel sauce (see 16th of August) mixed with some crayfish juice.

Roast turkey-hen.

Lard your turkey and roast, covered with buttered paper; when nearly done, take off the paper so as to brown the skin. Serve with its own gravy.

JANUARY 14.

	Potage au tapioca.	Tapioca soup.
Pièce	de bœuf bouillie garnie d'oignons glacés.	Boiled beef with glazed onions.
	Mauviettes en salmis.	Salmis of larks.
	Gigot rôti.	Roast leg of mutton.
	Salade de légumes.	Vegetable salad.
	Pouding.	Plum pudding.

Tapioca soup.

Warm some clear soup, and when boiling, add your tapioca. Allow four table-spoonsful of tapioca to each quart of soup.

Glazed onions.

Choose some small white onions, as much of one size as possible, peel carefully; butter the bottom of the saucepan, lay the onions in it side by side, add a little water, salt, pepper, powdered sugar, and a lump of butter; cover with a buttered sheet of paper, cook over a quick fire until the sauce is reduced one-half, after which simmer until reduced to a glaze; place the onions on a dish, and if the sauce is too thick, add some thin Spanish sauce, clear of all grease, pass through a tammy, and pour over the onions.

Salmis of larks.

Warm your larks in butter and a little salt, when a good colour, add some white wine, stock, and chopped mushrooms, eschalots, and parsley, boil and serve, garnished with sippets of fried bread.

JANUARY 15.

Potage aux œufs pochés.	Soup with poached eggs.
Barbue à la Sainte-Menehould.	Brill à la Saint Menehould.
Côtellettes de mouton aux oignons.	Mutton cutlets with onions.
Caneton rôti.	Roast duckling.
Gratin de pommes de terre.	Baked potatoes with bread-crumbs.
Meringues à la Chantilly vanillées.	Meringues à la Chantilly.

Brill à la Saint Menehould.

Warm some pieces of cold boiled brill in a thick béchamel sauce (see 16th of August), pile up the whole on a baking-dish, smooth over with the blade of a knife, and sprinkle with bread-crumbs and grated Parmesan cheese, brown in the oven, or with a salamander.

Mutton cutlets with onions.

Trim and beat your cutlets to flatten them, lard them with bacon and ham, put the dressings in a saucepan with three or four onions, two carrots, parsley, and leeks; place the cutlets on this, and moisten with stock until they are thoroughly wet, cover with slices of bacon, and put a buttered paper over it all; as soon as it boils, put on the cover of the saucepan, and lay some hot coals on it; when cooked, drain off the cutlets and trim them again; pass the juice through a tammy, and reduce to a glaze, replace the cutlets; when well covered on both sides with the glaze, place them round a dish and pour a purée of white onion sauce (see 11th of December) in the centre. Surround the cutlets with young onions, which have been boiled in stock.

JANUARY 16.

Potage brunoise au riz.	Brunoise soup with rice.
Merlans frits.	Fried whiting.
Bœuf à la mode.	Bœuf à la mode.
Bécasses rôties.	Roast woodcock.
Petits pois à la française (conserves).	Preserved green peas à la lyonnaise.
Pains de la Mecque au citron.	Mecca loaves flavoured with lemon.

Brunoise soup with rice.

Cut up some carrots, turnips, celery, white cabbage, and leeks into dice, boil thoroughly in stock, when done add the required quantity of clear soup and a few table-spoonsful of boiled rice.

Fried whiting.

Clean your whiting, leave the livers, cut off the fins and tails, make two or three slits crossways down the sides, sprinkle with flour, and fry in boiling lard ; when a good colour, dry in a cloth, sprinkle with salt, and dish up on a napkin, garnished with fried parsley.

Roast woodcock.

Draw your woodcock, and mince the trail, with half the quantity of bacon, some chopped onion and eschalot, salt and black pepper, stuff the birds with this, cover with slices of bacon, roast before a quick fire and serve on toast. Some people prefer not to stuff woodcock, but simply to roast them covered with slices of bacon and leaving the trail.

JANUARY 17.

Potage aux nouilles.	German paste soup.
Rougets en caisse.	Red mullet in cases.
Noix de veau à la bourgeoise.	Chump of veal à la bourgeoise.
Lièvre rôti.	Roast hare.
Artichauts frits.	Fried artichokes.
Baba au rhum.	Rum cake or Baba.

German paste soup.

Take a pint of flour, three yolks of egg, two whole eggs, salt, black pepper, a pinch of grated nutmeg, stir in sufficient stock to make it into a thin paste. Warm some stock, and when quite boiling, pass the paste through a drainer into it; be careful to keep it at boiling-point or the paste will melt; when sufficiently done, add the required quantity of stock, and serve.

Chump of veal à la bourgeoise.

Butter a stew-pan, and line with slices of bacon and trimmings of veal. Lard a chump of veal, and place in the stew-pan, add a tumblerful of stock, a bouquet of parsley, leeks, onions, and carrots, cook over a moderate fire with hot coals on the cover of the stew-pan; when done, drain the veal and glaze it. Pass the sauce through a tammy, reduce to a glaze, add two tablespoonsful of Spanish sauce (see 3rd of November), or if you have not any ready, moisten with a little thin browning, some white wine and gravy, stir in a lump of butter and pour over the veal.

JANUARY 18.

Potage à la Crécy	Crécy, or carrot soup.
Carpe à la Chambord.	Carp à la Chambord.
Selle de mouton braisée	Braised saddle of mutton.
Faisan bardé rôti.	Roast larded pheasant.
Haricots verts à la maître d'hôtel (conserves).	Preserved French beans, maître d' hôtel.
Tartelettes aux pommes.	Apple tartlets.

Crécy, or carrot soup.

Cut some carrots, turnips, celery, and onions, blanch in boiling water, and put on the fire with some thin slices of lean ham, some fresh butter, a pinch of sugar, and a little stock; when boiled, mash the vegetables, pass through a tammy and moisten them with the water they were boiled in. Simmer this purée for two hours, clear of all grease, and serve with dice of fried bread.

Carp à la Chambord.

Dress and skin a large carp, lard it on one side with fine fillets of bacon, stuff with the quenelle stuffing (see 3rd of September), and boil in court-bouillon sauce (see 18th of April) with some white wine and herbs; when boiled, take it out of the fish-pan and place on a dish in the oven to brown the larded side; serve, surrounded by quenelles, larded sweet-breads, large crayfish, fried bread, the bottoms of artichokes, and a sauce made of the juice of the carp added to some Spanish sauce (see 3rd of November).

Compote of stewed fruit à la Normande.

Simmer some freshly made cider for six hours, stir occasionally and skim; when reduced one-half, add some pears cut into quarters, peeled, and the cores scooped out. See that the fruit is well covered with cider as it must simmer for twelve hours; when the substance of jam, put the compote into jam-pots; this preserve, if carefully made, will keep for years. Sometimes pieces of tender carrot, cut the same shape as the pieces of pear, are added to this compote; if such is the case put them in the cider long before the pears.

JANUARY 19.

Potage aux poireaux.	Leek soup.
Poularde au riz.	Chicken and rice.
Civet de chevreuil.	Jugged venison.
Brochet au bleu.	Pickled pike.
Choux de Bruxelles sautés au beurre.	Dressed Brussels sprouts.
Œufs aux pistaches.	Eggs with pistachio nuts.

Leek soup.

Brown some leeks in fresh butter, when a good colour put them into your stock and boil for half an hour; when ready, pour into your soup-tureen over slices of bread.

Chicken and rice.

Truss your fowl for boiling, and cook it as in the recipe "Half braise" (see 3rd of September). Blanch three quarters of a pound of fine rice, and boil in some of the juice from the fowl; when done, put the fowl on a dish, clear the grease off the rice, season it with salt, black pepper, and fresh butter, and pour over the chicken.

Jugged venison or roebuck.

Cut up a breast and neck of venison, warm in melted butter, add a little flour, a tumblerful of red wine, laurel leaves, the juice of a lemon, a bouquet of parsley and thyme, a pinch of mixed spice, moisten with stock, simmer for two hours, and serve.

Baked purée of potatoes with bread-crumbs.

Make a purée of potatoes (see 30th of December), lay in a tin or plated dish, sprinkle with grated crusts of bread, moisten with fresh melted butter, brown in the oven or with a salamander, and serve very hot.

JANUARY 20.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage aux herbes.	Herb soup.
Rouget en caisse.	Red mullet in cases.
Brochet au bleu.	Pickled pike.
Croquettes de pommes de terre.	Potato croquettes.
Cardons au gratin à l'italienne.	Baked cardoons à l'italienne.
Croquenbouche aux fruits glacés.	Candied fruit.

Herb soup.

Put a large piece of fresh butter in a saucepan, with some leeks, sorrel, chervil, and lettuce leaves, a bouquet of mixed herbs, salt and pepper; when sufficiently done, add the required quantity of water, boil well, and thicken with yolks of egg and cream.

Red mullet in cases.

Clean out your fish, save the livers and replace them in the mullet with some well salted butter, pepper, and finely chopped parsley. Wrap each mullet in an oiled sheet of paper, sprinkle over with olive oil, chopped parsley, pepper, salt, and a little garlic, place them on the gridiron with red-hot coals underneath and hold a salamander over them, this prevents your having to turn the fish. When cooked, squeeze the juice of a lemon over the mullet. Some cooks do not clean out their red mullet.

Pickled pike.

Thoroughly clean and scale your pike, and sew up its head. The day previous to eating it, boil gently in court-bouillon sauce (see 18th of April) made with red wine, add a few bay-leaves. When cooked, leave it in the sauce. Next day, before serving, drain off all the liquid, and garnish with parsley. Hand oil and vinegar with this dish.

JANUARY 21.

Potage à la française.	French soup.
Bœuf garni de petits pâtés.	Beef garnished with patties.
Ris de veau à l'espagnole.	Sweet-bread, Spanish sauce.
Perdreaux rôtis.	Roast partridges.
Salade de homard.	Lobster salad.
Charlotte de poires.	Pear Charlotte.

French soup.

Break the best pieces of vegetable out of your stock-pot, and place them in the soup-tureen, pour boiling clear stock on to them, and throw in a teaspoonful of chopped chervil. Hand fried toast with this soup.

Sweet-breads, Spanish sauce.

Drain and blanch your sweet-breads and let them cool, lard them, line a saucepan with slices of veal and bacon, and pieces of onion and carrot, lay the sweet-breads on this, without pressing them, and moisten with stock, cover with buttered paper and place on the fire; when cooked, put the dressings in another saucepan and reduce to a glaze, replace the sweet-breads and reduce again; when browned put in a dish; loosen the glaze from the saucepan by adding a little browning, which you must thin with some stock, and pour over the sweet-breads.

Hollandaise or Dutch sauce.

Put four and a half ounces of fresh butter in a bowl, three yolks of fresh eggs, a little salt, and a teaspoonful of vinegar; warm in a bain-marie until it thickens. Just before serving, add the juice of a lemon.

JANUARY 22.

Potage aux pâtes d'Italie.	Soup with Italian paste.
Maquereaux bouillis à l'eau de sel.	Boiled mackerel.
Côtes de bœuf braisées à la purée de tomates.	Braised ribs of beef, purée of tomatoes.
Poulet rôti.	Roast fowl.
Céleri-rave à la sauce au beurre.	Celery roots with butter sauce.
Baba au rhum.	Baba or rum cake.

Soup with Italian paste.

Blanch seven ounces of Italian paste, those the shape of a melon seed are the best, boil for ten minutes in water, and put to cool, then drain in a sieve. Put them into the stock, and boil for five minutes, season according to taste, and serve with grated Parmesan cheese.

Braised ribs of beef with purée of tomatoes.

Tie up your piece of meat and place in a stew-pan, with half a bottle of white wine, a spoonful of brandy, two pints of stock, three and a half ounces onion, stuck with three cloves, three and a half ounces carrot, a bouquet of thyme, laurel-leaves and parsley, and some whole black peppers; boil and skim, after which either bake in the oven or have some hot coals on the lid of the stew-pan, being careful to take it off the fire every half-hour. As soon as the beef is sufficiently cooked, put the juice in a saucepan, reduce it to about the quantity of two wine-glassesrul, and mix with your purée of tomatoes, keep on the fire for ten minutes. Serve the ribs of beef separately from the sauce.

Celery roots with butter sauce.

Boil the roots in water with plenty of salt, when cooked, drain them, and put a lump of fresh butter on the celery; when melted, take off the fire. Serve with butter sauce.

Fresh butter sauce.

Melt some fresh butter, and flavour with salt, pepper, and chopped parsley.

JANUARY 23.

Potage à la purée de pois.	Pea soup.
Barbeau au court-bouillon.	Barbel boiled in court-bouillon.
Haricot de mouton.	Haricot of mutton.
Grives rôties.	Roast thrushes.
Artichauts à l'italienne.	Artichokes, Italian sauce.
Omelette aux confitures.	Sweet omelet.

Pea soup.

Boil the peas in stock with a carrot and two onions; as soon as they are cooked, pass them through a tammy and add stock to your taste; boil for twenty minutes. Pour into the soup-tureen over fried bread.

Barbel boiled in court-bouillon.

If the barbel is large, simply clean it and take the scales off after boiling. Pour some boiling vinegar over it and sprinkle with pepper and salt; then place in a fish-pan some wine, three cloves, laurel-leaves, onions, lemon peel, a bouquet of herbs, salt and pepper; when this mixture begins to boil, put in the barbel and boil it, when cooked, scale the fish, drain it well and serve on a napkin, garnish with watercress. Any kind of sauce will go with this fish.

Haricot of mutton.

Cut up part of a loin of mutton, and brown the pieces in some butter, when a good colour, take them off the fire, reduce the sauce, and replace the meat, adding some stock, small potatoes, a bouquet of thyme, laurel leaves, and parsley, salt, pepper, and a tiny pinch of nutmeg. Cook over a slow fire, skim and serve.

JANUARY 24.

Potage bisque d'écrevisses.	Crayfish soup.
Tête de veau nature.	Stewed calf's head.
Marinade de volaille.	Chicken fritters.
Cuissot de sanglier rôti.	Roast haunch of boar.
Pommes sautées.	Soufflé of apples.
Bavarois au thé.	Blanc mange of maizena, flavoured with tea.

Stewed calf's head.

Bone the calf's head, keep the brains separate and drain them for an hour, then boil them with some water and lemon juice and leave them in their water. Scald the calf's head, cut out the tongue and put it to cool. Cut the head into four pieces, and place in a stew-pan large enough for it only to fill it two-thirds; in another saucepan put two ounces of thyme, one ounce laurel leaves, three and a half ounces onion, one ounce carrot, two ounces flour, two quarts of water, salt, whole black pepper, and two wine-glasses of vinegar; when this boils pour it over the calf's head, and place it on the fire, adding the tongue. After boiling for two hours and a half, place the two pieces with the ears at one end of a dish and the two other pieces opposite, split the tongue, lay in the centre of the dish, put the brains on it, and garnish with parsley. I consider this the best manner of cooking calf's head.

Fried slices of bread-crumb or brioche.

Fry some slices of bread-crumb or brioche (see 24th of December) about a quarter of an inch thick and three inches in diameter, in some very fresh melted butter, until of a golden colour, be careful to keep the bread soft. Spread whatever jam or compôte you prefer on each slice and place round a dish, fill the centre with a syrup, made with the same kind of preserve, melted in equal quantities of sherry and water, pour in when hot, and place the dish in the oven for a few minutes.

JANUARY 25.

Potage au riz.	Rice soup.
Rosbif garni de rissoles.	Roast beef and rissoles.
Filets de merlan à la Conti.	Fillets of whiting à la Conti.
Dinde rôtie.	Roast Turkey.
Épinards au jus.	Stewed spinach with gravy.
Flan de poires.	Pear tart.

Rice soup.

Thoroughly wash and scald your rice, when cool, drain it and place in boiling stock, and simmer gently over a slow fire until cooked.

Rissoles.

Rissoles are composed of cold roast meat, minced well, spiced and rolled in very thin paste, which you fry in lard or butter.

Fillets of whiting à la Conti.

Cut each fillet into four pieces and fry in melted butter, salt, pepper, and the juice of two lemons. When the fillets are brown on both sides, dry them on a cloth; add some slices of truffles to the butter, reduce, and thicken with a little more butter. Serve on pieces of fried bread.

Brussels sprouts with butter.

Clean your sprouts carefully and boil in boiling water and salt, drain them thoroughly, and put them in a frying-pan with some fresh butter, when the butter is melted, place them on a dish and sprinkle with salt and pepper.

JANUARY 26.

Potage en fausse tortue.	Mock turtle soup.
Éperlans au gratin.	Baked smelts.
Langue de bœuf braisée sauce tomate.	Braised ox tongue, tomato sauce.
Gigot de chevreuil rôti.	Roast leg of roebuck.
Purée de haricots à la crème.	Purée of haricot beans with cream.
Beignets de pommes.	Apple fritters.

Mock turtle soup, French fashion.

Take two pounds of lean mutton, with scraps of turbot or any kind of fish, such as salmon, whiting or carp, use heads and all, warm in a saucepan with butter and a bouquet of herbs until brown, then boil in water till the bones drop from the mutton; pass the stock through a cloth, clear it with whites of egg, reduce until it is thick enough to bear the addition of half a bottle of Madeira without making it too thin; then add the quarter of a calf's head which has been previously boiled in white wine and cut into small squares, season with cayenne and serve.

Baked smelts.

Wash and clean your smelts and lay them in a tin dish with some melted fresh butter, dried herbs, salt, pepper, and a little nutmeg, cover them entirely with scraped crust of bread, moisten with hot melted butter drop by drop and then pour a little white wine over it. Reduce the sauce in a slow oven and brown with a salamander.

Braised ox-tongue.

Thoroughly wash and trim your tongue, lard it, and simmer over a slow fire for five or six hours with some slices of bacon, veal, or beef, a few slices of carrots, onions, thyme, laurel leaves, and cloves. When sufficiently cooked, skin and trim the tongue and split it in half, so as to form the shape of a heart on the dish. Serve with tomato sauce (see 6th of January).

JANUARY 27.

Potage croûte au pot.	Soup with gravy crusts.
Bœuf bouilli garni de choux.	Boiled beef and cabbage.
Ris de veau à la Toulouse.	Sweet-bread à la Toulouse.
Canards rôtis.	Roast ducks.
Lentilles en purée.	Purée of lentils.
Meringues à la Chantilly.	Meringues à la Chantilly.

Soup with fried gravy crusts.

This soup is made exactly like "French Soup" (see 21st of January) with this simple alteration, "Toast some crusts of bread brown, put in a saucepan, pour some uncleared stock over them and leave to simmer until the stock is dried up and the crusts are crisp." Place these crusts in your soup-tureen and pour the boiling French soup over them.

Boiled beef and cabbage.

Boil a piece of rump-steak in some stock; when cooked, surround it with pieces of cabbage, sausage, and bacon, which have been separately boiled, place them alternately round the dish.

Sweet-breads with white sauce.

Blanch, trim, and dry your sweet-breads, put them in a saucepan with a little butter, sprinkle with flour, and shake them, moisten with water and cook over a slow fire; just before serving add some small onions and button mushrooms which have been cooked separately; thicken the sauce with the yellow of an egg, and flavour with lemon juice.

Cauliflower with butter sauce.

Break your cauliflowers into small pieces and soak in cold water with a little vinegar, blanch them by soaking in boiling water for three or four minutes, drain and trim them, boil in boiling water and salt; be careful not to overboil, as the pieces must be firm. Serve hot, pour some butter sauce (see 22nd of January) over them.

JANUARY 28.

Potage aux lazagnes.	Clear soup with Italian paste.
Filets de soles à la Orly.	Fillets of sole à la Orly.
Poulet sauté.	Brown fricassée of chicken.
Rosbif rôti.	Roast beef.
Laitues au jus.	Stewed lettuce.
Croûtes à la normande (chaudes).	Fried toasts à la Normande.

Clear soup with Italian paste.

Prepare like the soup on the 22nd of January.

Fillets of sole à la Orly.

Fillet your soles and soak them in lemon juice with salt and whole black pepper. Boil the dressings of the fish in white wine, a bouquet of herbs, salt and pepper; reduce the sauce, and strain. Flour and fry the fillets, drain them, and serve with the sauce separate.

Baked cauliflower with bread-crumbs.

Break your cauliflower into small pieces and soak in cold water and vinegar, blanch in boiling water for two or three minutes, when cool, boil in boiling water, but keep them firm. Have some white sauce (see 31st of January) ready, to which add some grated Parmesan cheese. Place your pieces of cauliflower in layers in a tin dish, cover each layer with the sauce, sprinkle the whole with grated Parmesan cheese and browned bread-crumbs, moisten with melted butter, and brown in the oven or with a salamander.

JANUARY 29.

Potage de consommé aux quenelles.	Clear soup with quenelles.
Truites à la Saint-Florentin.	Trout à la Saint Florentin.
Selle de mouton à l'anglaise.	Roast saddle of mutton.
Chapon rôti.	Roast capon.
Petits pois au beurre (conserves).	Preserved green peas.
Beignets soufflés.	Fritters.

Clear soup with quenelles.

Prepare your quenelles (see 3rd of September) and boil them in a little stock, drain, place in the soup-tureen, and pour the necessary quantity of stock over them.

Trout à la Saint Florentin.

Procure some fine trout, clean them by the gills and stuff with fresh butter, mixed with fine herbs, salt, and pepper, cook in a fish-pan with sufficient white wine to be three inches above the fish, add a crust of bread, onions, a bouquet of herbs, two heads of cloves, a little nutmeg, salt, and pepper, cook over a bright fire so that the wine may catch fire; as soon as the flames begin to subside add some butter mixed with flour. Place the fish on a dish and cover with its own sauce, passed through a tammy.

Roast saddle of mutton.

Hang your mutton until tender; wrap it up in buttered paper and roast; when nearly done, take off the paper so as to brown the mutton, serve with strong gravy. Hand a purée of turnips (see 13th of May) with the mutton, and a sauce made of melted butter, flavoured with chopped parsley, salt, and pepper.

JANUARY 30.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY
Potage à la purée de navets.	Purée of turnips.
Bouchées aux huîtres.	Oyster patties.
Morue à la béchamel.	Codfish, béchamel sauce.
Carpes frites.	Fried carp.
Salade de légumes.	Vegetable salad.
Gâteau de riz.	Rice cake.

Puree of turnips.

Wash and scrape a pound of turnips, boil over a slow fire, in three pints of water, a quarter of a pound of butter, and half a pound of well-washed rice, be careful that the turnips do not stick to the bottom of the saucepan. When boiled pass through a tammy, and put the purée on the fire; if too thick add a little milk. Stir with a wooden spoon, and when hot add four ounces of fresh butter and three wine-glasses of double cream, You can either hand fried toast or well-boiled rice with this purée.

Oyster patties.

Roll your puff paste six times, cut with a round tin cutter about five inches in diameter, glaze with the white of an egg, then press a smaller round cutter in the centre, enough to cut the paste slightly, this will form the cover to your patty; bake by a brisk fire, when done cut out the covers with a sharp penknife, be careful to leave a little paste to form the bottom of the patty. Have some oysters and chopped button mushrooms ready, warmed in béchamel sauce (see 18th of August), fill the patties, and serve very hot.

JANUARY 31.

Potage purée aux croûtons.	Pea soup with fried toast.
Gigot de mouton bouilli sauce aux capres.	Boiled leg of mutton, caper sauce.
Goujons frits.	Fried gudgeon.
Oie rôtie.	Roast goose.
Champignons farcis.	Stuffed mushrooms.
Gelée au kirsch.	Kirsch jelly.

Pea soup with fried toast.

For recipe see 23rd of January.

Boiled leg of mutton, caper sauce.

Boil your mutton in a stock-pot with water, skim it, and add carrots, onions, a bouquet of parsley, leeks, cloves, laurel leaves, and a head of garlic; simmer for two hours, drain, and serve with white caper sauce (see 3rd of May).

White sauce.

Mix a dessert-spoonful of flour with a little butter and half a wine-glass of water, the juice of half a lemon, salt, pepper, and a little grated nutmeg; place on a quick fire and stir, when the sauce has boiled over two or three times, take it off the fire, and serve.

Roast goose stuffed with chestnuts.

Prepare your goose and stuff it with the following ingredients, minced bacon, the goose's liver, salt, pepper, grated nutmeg, and chestnuts, which have been previously cooked and peeled. Roast the goose and baste frequently. When done serve with its own gravy and sprinkle with salt, pepper, and the juice of a lemon.

Fried Bread or Brioche à la Normande.

See "Fried Bread," 24th of January, and "Stewed Fruit à la Normande" (18th of January).

FEBRUARY 1.

Potage bisque d'écrevisses.	Crayfish soup.
Côtes de bœuf braisées.	Braised ribs of beef.
Cervelles de veau en marinade.	Calf's brain fritters.
Lièvre rôti.	Roast hare.
Laitues au jus.	Stewed lettuces.
Omelette soufflée.	Omelet soufflé.

Crayfish soup.

Wash fifty fine live crayfish in several waters, drain and boil in stock with some carrots and parsley. When done take the saucepan off the fire, and leave the crayfish in it for ten minutes well-covered up, after which put them in a sieve and keep the juice. When the crayfish are nearly cold, break off the tails of the bigger ones and reserve them, pound the bodies and the smaller crayfish in a mortar until of a thick red paste, soak a lump of bread-crumb as big as your fist in the juice, dry before tne fire and pound into the paste, mix in some stock until of a proper substance, pass through a tammy into a saucepan, put on the fire, add the tails of the crayfish, and be careful not to let the soup boil, flavour with plenty of salt and a pinch of cayenne.pepper. Serve very hot.

Stewed lettuces.

Clean, blanch, and trim your lettuces, tie them in bunches, putting two or three together, simmer for two hours in a saucepan with stock, a bouquet of herbs, chopped onions, salt, and pepper, line the saucepan with buttered paper. When cooked untie the lettuces and serve with their own sauce, which must be reduced and passed through a tammy.

FEBRUARY 2.

Potage au vermicelle.	Vermicelli soup.
Merlans au gratin	Baked whiting with bread-crumbs.
Poulet sauté.	Brown fricassée of chicken.
Gigot de mouton rôti.	Roast leg of mutton.
Haricots à la bretonne.	Haricot beans à la bretonne.
Pommes meringuées.	Meringue of apple.

Vermicelli soup.

Blanch the vermicelli in boiling water for three or four minutes, let it cool, drain, and throw into boiling stock, stir for a few minutes and serve.

Haricot beans à la bretonne.

Mince half a pound of onions, blanch, and drain. Brown in five ounces of butter, and when a good colour add an ounce of flour, some salt and pepper, leave on the fire for five minutes; moisten with a pint and a half of stock, and cook for twenty minutes, stirring all the time; then add a pint of haricot beans, which have been well boiled, and an ounce of butter; warm, and serve.

Meringue of apple.

Cut half-a-pound of fine apples into slices, and warm in a saucepan with seven ounces of butter, same quantity of sugar, when cooked pile prettily on a dish; whip the whites of four eggs to a cream, sweeten with a quarter of a pound of powdered sugar, cover the apples evenly with this, sprinkle with sugar and brown in a slow oven. You may flavour the white of egg with vanilla or lemon juice.

FEBRUARY 3.

Potage julienne,	Julienne soup.
Tanches à la poulette.	Stewed tench.
Perdrix aux choux.	Partridges with cabbage.
Rosbif aux pommes.	Roast beef and potatoes.
Écrevisses au court-bouillon,	Crayfish.
Omelette au rhum.	Rum omelet.

Stewed tench.

Wash, scale, scrape, and drain the fish. Cut into pieces, warm in fresh butter, when firm, add a tablespoon of flour and moisten with white wine; season with salt, whole black pepper, a bouquet of herbs, add some button mushrooms and young onions; when the stew is ready, thicken the sauce with the yolk of an egg.

Boiled crayfish.

Boil some live crayfish in white wine or equal quantities of water and vinegar, seasoned with thyme, laurel leaves, carrots, onions, salt, and pepper; boil for half an hour, add the crayfish, be careful they are well covered with the sauce, boil for seven or eight minutes, take off the fire and leave the crayfish in the saucepan until cold, drain and dish up with all the heads raised in the centre on a bed of fresh parsley.

Vegetable salad.

Boil in separate saucepans equal quantities of carrots, peas, asparagus heads, French beans, potatoes, and half the quantity of turnips; when done, drain carefully, and place in a salad bowl in separate groups with a fine head of boiled cauliflower in the centre. Cover with the following sauce.

Salad sauce.

Take twelve tablespoonfuls of olive oil, two of vinegar, half a teaspoonful anchovy sauce, salt, black pepper, a pinch of cayenne, and a head of garlic, stir well, and remove the garlic before pouring over the salad.

FEBRUARY 4.

Potage crème de riz à la peluche de cerfeuil.	Cream of rice soup with chervil.
Filet de mouton braisé.	Braised fillet of mutton.
Ris de veau à la Toulouse.	Sweet-breads à la Toulouse.
Canards sauvages rôtis.	Roast wild duck.
Salade de homard.	Lobster salad.
Beignets aux abricots.	Apricot fritters.

Cream of rice soup with chervil.

Boil some rice in chicken broth for an hour, pass through a tammy, add the necessary quantity of stock, and serve, adding at the last some chopped chervil.

Sweet-bread à la Toulouse.

Cook the sweet-breads in Spanish sauce (see 21st of January), and garnish à la Toulouse.

Garnish à la Toulouse.

This garnish is composed of scollops of foie gras, truffles, whole mushrooms, cockscombs, and livers, and lamb's sweet-breads. The scollops are made from previously cooked foie gras; the truffles must be boiled in glaze and white wine; the mushrooms blanched with butter and lemon juice; the cockscombs trimmed, washed, and boiled until they are blanched; the livers boiled, and the lamb's sweet-bread fried. All these ingredients are placed round the dish, the foie gras slightly glazed, the cockscombs, mushrooms, livers, and lamb's sweet-breads covered with velouté sauce (see 23rd of August), and the truffles strongly glazed.

Lobster salad.

Cut up the claws and tail of a lobster or sea crayfish, lay them on a bed of hearts of lettuce, garnish with hard-boiled eggs, anchovies, olives, capers, and fine herbs. Cover with a thick Mayonnaise sauce (see 24th of June).

FEBRUARY 5.

Potage au vermicelle.	Vermicelli soup.
Bar sauce au câpres.	Bass, caper sauce.
Abatis de dinde à la Chipolata.	Stewed turkey giblets with Chipolata sausage.
Filet de bœuf rôti.	Roast fillet of beef.
Pommes de terre sautées.	Fried potato chips.
Biscuits au chocolat.	Chocolate biscuits.

Stewed giblets of Turkey with Chipolata sausage.

Pick, scald, and singe the giblets, cut the necks into four pieces. Take the eyes out of the heads, cut the pinions in two, the claws in two, the gizzards into four pieces, do not use the livers unless very fresh, which is rare. Cut some lean bacon into large dice, and brown in fresh butter. Cut some turnips to about the size of a cork and brown, boil some carrots, cut into round balls and brown with slices of onion, put these vegetables on a dish. Brown the giblets to a good colour, without burning, add some flour, stir for five minutes over the fire, moisten with equal quantities of stock and water, and a teaspoonful of brandy, stir until it boils; then add bacon, carrots, a bouquet of parsley, salt, pepper, and simmer. Half an hour before serving put in some onions, turnips, Chipolata sausage, and carefully peeled roast chestnuts. Boil for ten minutes, skim, and serve.

Bass, caper sauce.

Clean, wash, and drain the bass, soak for an hour in olive oil, flavoured with mixed herbs, salt, and pepper, broil and serve with caper sauce (see 3rd of May).

FEBRUARY 6.

Potage avec semoule et chiffonade d'oseille.	Semolina soup with sorrel.
Selle de mouton braisée à la purée de navets.	Braised saddle of mutton, purée of turnips.
Carpe au ragoût de laitances.	Carp with stewed roe.
Dinde rôtie.	Roast turkey-hen.
Céleri au jus.	Stewed celery.
Gaufres à la crème.	Wafers with cream.

Semolina soup with sorrel.

Boil the semolina in stock until it swells, then add the necessary quantity of stock, and boil for ten minutes; when quite boiling, add some chopped sorrel-leaves.

Braised saddle of mutton.

Trim the saddle and tie round the ends with a string to keep it compact; line a large stew-pan with slices of bacon, lay the saddle in it, on the fat side, add two tablespoons of stock, two carrots, two large onions, a bouquet of herbs, and a tablespoon of old brandy. Place the stew-pan on the fire, moisten with stock and cover with buttered paper; simmer for four hours, and keep hot coals on the lid; drain the saddle, cut the string, replace the mutton in the stew-pan, and glaze; put hot coals on the cover, but do not fix it on tight. When cooked, place on a dish, reduce the sauce and pour over it. Surround with a purée of turnips (see 13th of May).

Carp with stewed roe.

Boil the carp in court-bouillon (see 18th of April), and serve on a stew of roe (see 22nd of May); you can simmer the carp in the stew for a few minutes, if preferred.

FEBRUARY 7.

Potage au sagou.	Sago soup.
Poularde au gros sel.	Fowl boiled in pig's bladder.
Filets de soles à la Orly.	Fillets of sole à la Orly.
Gigot de chevreuil rôti.	Roast leg of venison.
Purée de cardons à la crème.	Purée of cardoons with cream.
Petits gateaux de riz.	Small rice cakes.

Sago soup.

Wash the sago in warm water, blanch and drain, boil in stock. When boiling take off the fire, and leave by the fire until it becomes a jelly; add a purée of turnips to it (see 13th of May), and serve.

Fowl boiled in pig's bladder.

Clean and truss the fowl for boiling, blanch for a minute in boiling water, cover with slices of bacon, and put into a well scalded pig's bladder, tie it up tight so that no water may get in, and boil in a stew-pan, full of boiling water, when sufficiently done, take the fowl out of the bladder, sprinkle the breast with plenty of bay salt, and serve.

Purée of haricot beans with cream.

Boil the haricot beans in salt and water, with a bouquet of herbs and onions; when cooked pass through a tammy and add either some fresh butter or cream, and season with salt and pepper.

A good sauce for all roasts.

Simmer a wineglass of red wine, an anchovy, a little stock, a chopped eschalot, and the juice of a lemon in a saucepan. Pass through a tammy, and mix with the gravy of your roast.

FEBRUARY 8.

Potage à la purée de pommes de terre.	Purée of potatoes.
Cabillaud sauce hollandaise.	Cod, Hollandaise sauce.
Jambon d'York à l'anglaise.	York ham à l'anglaise.
Bécasses rôties.	Roast woodcock.
Champignons à la bordelaise.	Mushrooms à la bordelaise.
Gelée au marasquin.	Maraschino jelly.

Purée of potatoes.

Either bake or boil some fine potatoes, peel, and pass through a tammy, warm in a stew-pan with some melted butter, add salt and pepper, and milk enough to make the proper substance of a thick soup, boil, and serve with fried bread.

York ham à l'anglaise.

Cook the ham as in the recipe (see 21st of April), and serve with stewed spinach (see 16th of June).

Mushrooms à la Bordelaise.

Choose some big, firm, fresh mushrooms; peel, wash, and drain them, make one or two slits on the top side of the mushrooms, soak for an hour and a half in oil, salt, and pepper. Broil them, turn when half cooked, so that each side may be equally broiled. Warm the olive oil in which the mushrooms were soaked, season with finely chopped chives and parsley: dish up the mushrooms, sprinkle with a few drops of vinegar or lemon juice, and pour the hot olive oil over them.

Roast teal.

Roast the same as duck or duckling. Teal can be eaten on fast days.

FEBRUARY 9.

Purée aux croûtons.	Pea soup with toast.
Barbillons grillés.	Broiled barbel.
Côtes de bœuf braisées aux carottes.	Braised ribs of beef with carrots.
Cochon de lait rôti.	Roast sucking-pig.
Macédoine de légumes en salade.	Salad of mixed vegetables.
Éclairs au café.	Coffee fingers glazed with coffee.

Broiled Tench.

Place the tench for a moment in boiling water, scrape with a knife without cutting the skin, scale and clean with care, stuff with fresh butter mixed with chopped garlic and fine herbs, broil and serve on tomato sauce flavoured with anchovy, or green sauce (see 6th of April), or sauce Robert (see 4th of March).

Salad of mixed vegetables.

Boil some slices of carrot and turnip in stock; other vegetables, such as peas, French beans, asparagus heads, haricot beans, onions, and cauliflower should be boiled in salt and water. When cold and drained, arrange these vegetables prettily in a salad bowl, and dress with salad dressing (see 3rd of February), with the addition of a tablespoon of strong cold gravy.

Stewed cardoons with marrow.

Stew your cardoons as in the recipe (see 8th of October). Toast some slices of bread-crumb about half an inch thick, spread some previously blanched marrow on the toast, glaze with beef glaze, dish up the stewed cardoons, and garnish with the toasts.

FEBRUARY 10.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage julienne maigre.	Julienne soup for fast day.
Brochet sauce raifort.	Pike, horseradish sauce.
Vol-au-vent à la béchamel.	Vol-au-vent of eggs, béchamel sauce.
Darne d'esturgeon rôtie.	Roast fillet of sturgeon.
Choux-fleurs au fromage.	Cauliflower with cheese.
Soupirs de nonne.	Nun's sighs.

Julienne soup for fast day.

Prepare like Julienne soup (see 2nd of January), only use water and butter instead of stock.

Vol-au-vent of eggs, béchamel sauce.

Put four ounces of flour, one ounce of butter, two pints of milk, a small eschalot, a pinch of thyme, a laurel-leaf, and a teaspoon of chopped parsley in a saucepan, and cook for twenty minutes, stirring all the time. Pass through a tammy and put in a saucepan large enough to hold twelve hard-boiled eggs, cut up in slices, put on the fire ten minutes before required, stir until it boils, take the eggs out, add five ounces of butter, which stir in well; when dissolved, place the eggs and some button mushrooms in the vol-au-vent case, and pour the sauce over them; be careful the sauce is not too thick, if so add a little milk.

Roast fillet of sturgeon.

Lard the fillet with strips of well-seasoned eel, soak in white wine, salt, whole black pepper, and a pinch of spice; roast and baste with the wine. Hand with sauce piquante (see 26th of June), made with water instead of stock.

FEBRUARY 11.

Potage au vermicelle.	Vermicelli soup.
Barbue sauce aux câpres.	Brill, caper sauce.
Tête de veau à la Destilière.	Calf's head à la Destilière.
Filet de bœuf piqué rôti.	Larded fillet of beef.
Purée de pommes de terre.	Purée of potatoes.
Pommes garnies de croûtes au madère.	Stewed apples on toast.

Pike, horseradish sauce.

Boil the pike in court-bouillon (see 18th of April), and serve with horseradish sauce (see 18th of November).

Calf's head à la Destiliére.

Bone the calf's head, blanch the brains in boiling water with a few drops of vinegar. Cook in thin white sauce (see 16th of April) for three quarters of an hour, take off the fire and leave them in the saucepan until cold; at the same time drain and blanch the calf's head, when cold, dry and cut it into small pieces leaving the eyes and ears whole; boil in thin white sauce over a quick fire, then simmer for three or four hours, which is quite sufficient. Drain and arrange on a dish, cut the brains in half, and place at each end of the dish; cut up the tongue into dice, ready to put into the sauce. Take two tablespoons of Spanish sauce (see 22nd of August) or some thin glaze, add half a bottle Chablis, one hot chili-pepper well pounded, six tablespoons of stock, and reduce; add some small rounds of pickled gherkins, the dice of lamb's tongue and some chopped button mushrooms. Pour this sauce over the calf's head.

FEBRUARY 12.

Potage au pain.	Bread soup.
Pièce de bœuf garnie d'oignons glacés.	Stewed beef and onions.
Darnes d'alose grillées maître d'hôtel.	Broiled slices of shad, maître d'hôtel.
Chapons bardés, rôtis.	Roast larded capons.
Betteraves à la crème.	Beetroot with cream.
Cômpote d'oranges.	Orange salad.

Broiled slices of shad, maître d'hôtel.

Cut the shad into slices about an inch thick, soak in olive oil, with fine herbs, salt, and pepper for an hour; broil over a slow fire, serve with maître d'hôtel sauce (see 23rd of March).

Beetroot with cream.

Peel and slice your beetroot, boil over a slow fire in béchamel sauce (see 16th of August).

Orange salad.

Peel the oranges, prick them with a fork in several places, and soak in cold water, put them in a preserving-pan, with boiling water and some shavings of the orange peel; boil for ten minutes, change the water, and boil again until quite tender, plunge them into cold water, put sufficient refined syrup into the preserving-pan to cover the oranges, which drain well and boil in the syrup, without the peel, until quite thick. Take off the fire, pour the syrup and oranges into a deep dish; cut the fruit into quarters when cold; place in a dish with the shavings in the centre, pour the syrup over them.

FEBRUARY 13.

Potage à la purée de marrons.	Purée of chestnuts.
Filets de merlans au gratin.	Baked fillets of whiting with bread-crumbs.
Haricot de mouton.	Haricot of mutton.
Jambon à la broche.	Roast ham.
Epinards au jus.	Stewed spinach.
Soufflé de riz.	Rice soufflé.

Puree of chestnuts.

Peel sixty chestnuts, scald them in boiling water, remove the inside skin, and boil in stock, when done, pass through a tammy, add sufficient stock to make the soup a proper substance, and pour over slices of fried bread. Serve very hot.

Baked fillets of whiting with bread-crumbs.

Line the bottom of a tin or plated dish with fish forcemeat (see 6th of April), lay your fillets on it and cover them with a layer of the same forcemeat, smooth over with the blade of a knife warmed in hot water, sprinkle with grated bread-crust, moisten with fresh melted butter and bake, when done pour some Italian sauce over it (see 13th of October).

Artichokes, Italian sauce.

Trim the artichokes, remove the chokes, cut into four pieces, blanch, and drain. Boil in equal quantities of white wine and stock, season with salt, pepper, lemon juice, and a little butter, when done, drain and serve, covered with Italian sauce (see 13th of October).

FEBRUARY 14.

Potage julienne.	Julienne soup.
Surmulet au beurre fondu.	Grey mullet, melted butter.
Tendrons de veau au blanc.	Tendons of veal, white sauce.
Gigot de mouton rôti.	Roast leg of mutton.
Navets glacés au jus.	Stewed turnips.
Gâteau d'amandes.	Almond cake.

Grey mullet with melted butter.

Broil the mullet, and pour fresh melted butter with chopped parsley, pepper, and salt over it.

Tendons of veal with white sauce.

Prepare the tendons in the same way as breast of veal (see 16th of December).

Stewed turnips.

Peel the turnips all to one size, blanch, and drain; butter a saucepan large enough for the turnips to lay side by side, place them on the butter and moisten with stock, flavour with salt, a little powdered sugar, and a stick of cinnamon; as soon as they begin to boil, cover with a sheet of buttered paper, take the saucepan off the fire, place it near the oven and put hot coals on the cover, when sufficiently cooked uncover the saucepan and leave the turnips until glazed; when cold place them on a dish, melt the glaze with a little stock, take out the cinnamon, and pour this sauce over the turnips.

Almond cake.

Mix two pints of flour with a piece of fresh butter the size of an egg, a pinch of salt, four eggs, five ounces of powdered sugar, seven ounces of well-powdered almonds; when well mixed place in a mould and bake; when done, ice the cake with pink icing sugar.

FEBRUARY 15.

Potage Faubonne.	Faubonne soup.
Noix de veau à la chicorée.	Chump of veal with chicory.
Lapereau sauté.	Stewed rabbit.
Limandes frites.	Fried dabs.
Champignons farcis.	Stuffed mushrooms.
Crème au chocolat.	Chocolate cream.

Chump of veal with chicory.

Make an incision half an inch deep, lengthways and across the skin of the chump; trim the other side of the veal so as to make it quite smooth and lard it; place in a stew-pan with some carrots, onions, a bouquet of parsley, and a little stock, simmer until the bottom of the saucepan is coloured, add one pound of meat, moisten with a little water and stock, cook over a slow fire with hot coals on the cover, or in the oven; when three-quarters done remove the vegetables and bouquet, which will have sufficiently flavoured the meat and would only absorb the gravy. Make a larger fire and moisten the veal with its own juice until it is glazed, which will take about half-an-hour. Take all the fat off the sauce and pass through a tammy. Make a foundation of purée of chicory or sorrel (see 23rd of December) on a dish, place the chump on it, and cover with the sauce.

Fried dabs.

Scrape your fish with care, fry, and serve with fried parsley.

FEBRUARY 16.

Potage à la purée d'artichauts.	Purée of artichokes.
Alose à la sauce aux câpres.	Shad, caper sauce.
Rosbif à la mode.	Bœuf à la mode.
Caneton de Rouen rôti.	Roast duckling.
Choux-fleurs en salade.	Cauliflower salad.
Chartreuse de pommes.	Chartreuse or apple marmalade.

Purée of artichoke soup.

See the recipe below for purée of bottoms of artichokes, add sufficient stock to make a thick soup, and serve with fried dice of bread.

Purée of artichokes.

Cut out the bottoms of the artichokes, blanch them, and remove the chokes, boil in water with a little flour, salt, and lemon juice; when done, mash them and mix with some béchamel sauce (see 16th of August), pass through a tammy and warm in cream and fresh butter.

Bœuf à la mode.

Choose a tender piece of rump-steak, beat it, well lard with thick fillets of bacon, simmer over a fire for at least six hours, with trimmings of bacon, calves' feet, onions, carrots, a bouquet of mixed herbs, laurel leaves, thyme, a head of garlic, two or three heads of cloves, salt, and pepper; cover the top of the saucepan with a cloth, so as to keep on the cover very tight. When cooked, clear the sauce of all grease, pass through a tammy, pour over the beef and serve.

Roast duckling.

Clean, draw, and truss your duckling, wrap up in slices of bacon, and roast. Serve with its own gravy.

FEBRUARY 17.

Potage à la purée de lentilles.	Puree of lentils.
Pâté chaud de lamproie.	Hot lamprey pie.
Tourne-dos à la sauce piquante.	Fillets of beef with piquante sauce.
Pintade rôtie.	Roast guinea fowl.
Purée de chicorée aux croûtons.	Purée of chicory with fried bread.
Pouding.	Plum pudding.

Purée of chicory with fried bread.

Trim and wash eight fine heads of chicory, cut off all the green, drain and boil for twenty minutes in boiling salt and water, place in cold water to cool as quick as possible, drain and dry in a cloth. Cut up into small pieces, warm in a saucepan with butter, salt, and pepper, stir in a little flour, moisten with stock, reduce and serve, garnished with sippets of fried bread.

Plum pudding.

Have a pound of stoned raisins, six eggs, half a tumbler of rum or brandy, five ounces of chopped suet, a pound of flour or cornflour, two ounces of powdered sugar or moist sugar, two tumblersful of milk, chopped citron, a pinch of grated nutmeg, stir all well together, add some bread-crumbs soaked in milk, tie up in a pudding-cloth and boil for four hours, turn the pudding occasionally. When cooked, cut up the pudding into slices, sprinkle with either rum or brandy, and set fire to it.

FEBRUARY 18.

Potage au pain.	Bread soup.
Pièce de bœuf garnie de petits pâtés.	Roast beef with patties.
Canards aux navets.	Stewed ducks and turnips.
Terrine de foies gras.	Pâté of foie gras.
Salade de légumes.	Vegetable salad.
Beignets d'oranges.	Orange fritters.

Curry soup with rice.

Fry some slices of onions and warm in a stew-pan with a little curry-powder and butter, add the necessary quantity of stock; boil and pass through a tammy, pour over rice, which has been boiled in stock, and serve.

Stewed duck and turnips.

Truss your duck and brown in a stew-pan with some fresh butter, peel and cut some young turnips into equal sizes and brown in the same butter, stir in a little powdered sugar. Reduce some stock to a thin brown sauce, season with salt, pepper, a bouquet of parsley, chives, half a head of garlic, and laurel leaves, stew the duck in this sauce, and when half cooked add the turnips, turn the duck from time to time, and be careful not to break the turnips, cook over a slow fire. Clear the sauce of all grease, and serve.

Orange fritters.

Peel your oranges, cut them into quarters, remove the pips, and cover with powdered sugar; dip into batter (see 13th, of November) and fry in boiling lard, drain and dish up, sprinkled with powdered sugar.

FEBRUARY 19.

Potage aux pâtes d'Italie.	Clear soup with Italian paste.
Rougets en caisse.	Red mullet in cases.
Bœuf braisé garni de pommes de terre frites.	Braised beef and fried potatoes.
Poularde rôtie.	Roast fowl.
Choux de Bruxelles sautés.	Brussels sprouts with butter.
Pommes au beurre.	Stewed apples.

Brill à la Conti.

Skin and clean a fresh brill, cut several slits down the back, simmer over a slow fire until cooked, in a tumblerful of olive oil, half a tumbler of stock, the same quantity of white wine, salt, pepper, and chopped herbs; drain, and dish up. Reduce two tumblersful of stock to half that quantity, season with a pinch of finely-chopped parsley, and pour over the brill.

Stewed apples.

Peel some fine cooking apples, scoop out the cores and stew in syrup until three parts cooked, drain and leave until cold. Boil the same quantity of apples in sugar and water, seasoned with lemon peel, a stick of cinnamon, and fresh butter, when quite soft, mash up into a thick marmalade, pour into a deep dish, spread a layer of jam over it and place the apples on the top, fill them with fresh butter; sprinkle well with powdered sugar, and brown in the oven. Before serving, garnish the centre of each apple, with either a dried cherry or some jam.

Lobster butter.

Pound the spawn of a lobster with some fresh butter, if you have not enough spawn use a little of the red skin of the meat as the butter must be of a good red colour, pass through a fine hair sieve, and serve.

FEBRUARY 20.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage purée de navets à la crème.	Purée of turnips with cream.
Barbue marinée.	Baked brill.
Bouchées de homard à la béchamel.	Lobster patties à la béchamel.
Pilets rôtis.	Roast pintail.
Artichauts à l'italienne.	Artichokes á l'Italienne.
Gâteau aux amandes.	Almond cake.

Baked brill.

Clean your brill, make several deep cuts across the back, and soak for two hours in olive oil, seasoned with salt, pepper, chives, a laurel leaf and the juice of a lemon. Dip into melted butter, sprinkle with salt, bread-crumbs, and bake. When done dish up on a purée of either sorrel or tomatoes.

Lobster patties.

Prepare the paste the same as for oyster patties (see 30th of January). Boil a lobster in court-bouillon (see 18th of April), chop it up very fine, warm in béchamel sauce, add some lobster butter, and pour into the patties.

Roast pintail.

Cook the same as roast wild duck.

Artichokes à l'Italienne.

Trim your artichokes, remove the chokes, blanch in boiling water, cut into quarters, lay in the bottom of a stew-pan and boil in white wine, butter, and lemon juice; when done, drain and dish up, covered with white Italian sauce for fast day, which is done by making it with cream instead of stock (see 13th of October).

FEBRUARY 21.

Potage à la purée de haricots.	Purée of haricot beans.
Morue aux pommes de terre.	Cod with potatoes.
Noix de veau en fricandeau.	Fricandeau of veal.
Terrine de Nérac.	Nérac pâté. (Game pie from the south of France.)
Choux-fleurs au gratin.	Baked cauliflower with bread-crumbs.
Omelette soufflée.	Omelet soufflé.

Cod and potatoes.

Boil the cod in salt and water, when done, simmer in béchamel sauce (see 16th of August), and serve with slices of potato fried in boiling lard.

Fried potatoes.

Cut your potatoes into thin slices and plunge into boiling lard or butter, let it boil over two or three times, sprinkle with salt and white pepper, drain, and serve very hot.

Fricandeau of veal.

Choose a fine chump of veal, lard one side with thick fillets of bacon and the other side with fine ones, simmer for two or three hours in a stew-pan, with stock, salt, pepper, onions, carrots, a bouquet of herbs, two heads of cloves, trimmings of beef and bacon, moisten occasionally with its own gravy, when done remove the veal, pass the sauce through a tammy, skim off the grease and reduce, when quite thick brown the veal in it. Dish up the fricandeau; add a little glaze and stock to the sauce, and either pour it over the veal or keep it to flavour a purée of spinach or sorrel, which must be served with the veal.

FEBRUARY 22.

Potage de riz au kari.	Curry soup with rice.
Alose grillée à l'oseille.	Broiled shad and sorrel.
Poitrine de mouton braisée.	Braised breast of mutton.
Canard sauvage rôti.	Roast wild duck.
Œufs farcis à la crème.	Stuffed eggs with cream.
Pommes en croustarde.	Open apple tart.

Broiled shad and sorrel.

Thoroughly clean and wash your fish, make several slits down each side, and warm for a quarter of an hour in a saucepan with olive oil, salt, pepper, and a laurel leaf; fill the slits with butter mixed with finely-chopped herbs, bake in the oven, and serve on a purée of sorrel. You can also broil it on a gridiron, in which case the slits must not be filled with butter.

Stuffed eggs with cream.

Shell some hard-boiled eggs, cut them in half, lengthways, scoop out the yolks, and pound with the same quantity of butter as there are yolks, a lump of bread-crumb soaked in milk, finely-chopped parsley and chives, salt, a pinch of grated nutmeg, the same quantity of mixed spice and two or three raw yolks of egg; when well pounded, pass through a fine sieve, spread a layer of this stuffing on a dish, fill the empty whites of egg with the remainder, and brown in the oven, pour some béchamel sauce (see 16th of August), made with double cream, over them, and serve.

FEBRUARY 23.

Potage à la crème d'orge.	Purée of barley.
Raie au beurre noir.	Skate, black butter sauce.
Poulets à la bonne femme.	Chicken à la bonne femme.
Rosbif à l'anglaise	Roast beef.
Pommes de terre sautées.	Fried potatoes.
Œufs à la neige.	Poached whites of egg.

Purée of barley.

Prepare the same as purée of rice (see 27th of February).

Chickens à la bonne femme.

Cut up your fowls into joints; warm four ounces of chopped carrots, and the same quantity of onions in some butter, when brown, add the pieces of fowl, season with salt, pepper, and a pinch of grated nutmeg, toss over the fire for ten minutes; stir in two tablespoonfuls of flour and five minutes after add a tumblerful of stock, a wineglass of white wine, a bouquet of mixed herbs, and half a pound of peeled tomatoes with all the pips carefully removed. Cook over a slow fire for twenty-five minutes, add two punnets of mushrooms, peeled and cut up to the size of a florin, leave on the fire for ten minutes, take out the bouquet of herbs, season with an ounce of finely-chopped parsley, dish up the pieces of chicken in a pyramid and pour the sauce and vegetables over them.

Purée of onions à la bretonne.

Brown your onions over a slow fire in butter and salt, when a good colour stir in a little flour, moisten with good stock, reduce and pass through a tammy. If required for soup, some stock must be added to the purée, and fried bread handed with it.

FEBRUARY 24.

Potage julienne.	Julienne soup.
Truite au court-bouillon.	Trout boiled in court-bouillon.
Jambon d'York à l'anglaise.	York ham à l'anglaise.
Pigeons rôtis.	Roast pigeons.
Champignons farcis.	Stuffed mushrooms.
Gâteau à la crème.	Cream cake.

Trout boiled in court-bouillon.

Boil your trout in court-bouillon (see 18th of April); when done, drain and lay on a dish, on which you have placed a napkin and a bed of fresh parsley; reduce the sauce, thicken with a little flour, and hand in a sauceboat.

York ham à l'anglaise.

Cook the same as roast ham (see 21st of April), and serve with stewed spinach.

Braised leg of mutton.

Bone a leg of mutton, leave the end of the bone, to use as a handle, lard with thick fillets of bacon, seasoned with mixed spices, salt, pepper, chopped parsley, and eschalots, tie or skewer up the mutton to its original form. Line a braising-pan with slices of beef, six carrots, and the same number of onions, add the mutton, moisten with stock and half a tumblerful of brandy, season with laurel leaves, thyme, three heads of cloves, and two heads of garlic, cover with a sheet of buttered paper, and simmer for five hours with hot coals on the lid of the braising-pan; when done, drain the mutton and glaze it, serve with its own sauce passed through a tammy and cleared of all grease, or with a purée of chicory.

Chocolate or coffee glaze for cakes.

Boil a pound of sugar in half-a-pint of water in a preserving-pan; when a thick syrup, stir in either some powdered chocolate dissolved in a little water, or some strong coffee; glaze your biscuits or cake with this, and place in the meat-screen until set.

FEBRUARY 25.

Potage aux choux.	Cabbage soup.
Petit salé aux choux.	Salt pork and cabbage.
Langue de veau sauce tomates.	Calf's tongue, tomato sauce.
Pluviers ou vanneaux rôtis.	Roast plover or lapwings.
Cardons à la moelle.	Stewed cardoons and marrow.
Madeleines.	Madeleine cakes.

Cabbage soup.

Boil a piece of salt pork in water for an hour; add a blanched cabbage cut into quarters, carrots, turnips, leeks, celery, an onion stuck with a head of clove, pepper, and a saveloy, simmer over a slow fire for four hours; when ready to serve, pour the soup over slices of bread in a soup-tureen, hand the vegetables and pork in a separate dish.

Salt pork and cabbage.

See above for recipe.

Calf's tongue with tomato sauce

Trim and scald your tongue, and leave until cold; lard it with fillets of bacon well seasoned with mixed spice and chopped herbs, simmer in a stew-pan for four hours, in stock seasoned with a bouquet of mixed herbs, two carrots, two onions, and three heads of cloves; when done, split the tongue in half, skin it and serve, covered with tomato sauce.

Roast plover.

These birds must never be drawn, but wrapped up in slices of bacon and roasted. Lay some pieces of toast in the dripping-pan, and serve the plover on them.

Purée of chicory with cream.

Prepare the same as purée of chicory (see 17th of February), but before serving stir in some cream, a lump of fresh butter, and a little flour.

FEBRUARY 26.

Potage purée de pois au riz.	Purée of green peas with rice.
Brandade de morue.	Cream of salt cod.
Aloyau braisé à la royale.	Braised sirloin of beef à la royale.
Poulet rôti.	Roast chickens.
Artichauts frits.	Fried artichokes.
Biscuit glacé au chocolat.	Savoy cake glazed with chocolate.

Purée of green peas with rice.

Make a purée of green peas (see 23rd of January), when your soup is ready to serve, add some boiled rice to it.

Pickled cabbage with oysters.

Soak the pickled cabbage in boiling water for ten minutes, drain and dry in a cloth. Boil, in stock, a little dripping and coarse black pepper; when cooked, arrange round a dish, and fill the centre with stewed oysters (see 8th of April).

Braised sirloin of beef à la royale.

Bone your sirloin and roll it; lard with plenty of fillets of bacon, place in a braising-pan and braise (see 28th of May); as soon as it boils, make a smaller fire and simmer for four hours; take out the beef and reduce the sauce to a glaze, pass through a tammy and skim off all grease. Warm the beef in this sauce, and serve covered with it.

Sweet spinach.

Cook your spinach in fresh butter; when done, stir in some pounded maccaroons, sugar, grated lemon-peel, and a pinch of salt. Hand sponge fingers with this dish.

Savoy or sponge cake glazed with chocolate.

Make a Savoy cake (see 13th of August), and glaze with chocolate (see 24th of February).

FEBRUARY 27.

Potage à la purée d'oignons bretonne.	Purée of onions à la bretonne.
Quartier d'agneau farci.	Stuffed forequarter of lamb.
Oie en daube.	Cold braised goose.
Goujons frits.	Fried gudgeon.
Asperges en branche.	Boiled asparagus.
Flan de crème à la frangipane.	Marrow frangipane tart.

Purée of rice.

Boil some rice in chicken broth for an hour, pass through a tammy, add the necessary quantity of stock, season with salt and pepper, warm and serve with dice of fried bread.

Cold braised goose.

Truss your goose for boiling, and cover it with slices of bacon well seasoned with finely-chopped parsley, chives, eschalots, half a head of garlic, thyme, sage, pepper, and a pinch of grated nutmeg, Peel some roasted chestnuts, warm them in fresh butter, and fill the goose with them; line a braising-pan with slices of bacon, put in the goose, cover with more bacon, and moisten with equal quantities of water, stock, and white wine; surround the goose with pieces of knuckle of veal, four carrots, four onions, four heads of cloves, a parsnip, whole black peppers, mixed spices, and a bouquet of herbs. Simmer for four hours; when done, place the goose on a dish; skim all grease off the sauce, pass it through a tammy, reduce, and leave until cold, when it will become a jelly; garnish the goose with it, and serve.

Marrow frangipane tart.

See 4th of December.

FEBRUARY 28.

Potage aux laitues.	Lettuce soup.
Maquereaux bouillis.	Boiled mackerel.
Côtelettes de mouton à la jardinière.	Mutton cutlets à la jardinière.
Canetons de Rouen rôtis.	Roast duckling.
Laitue à la flamande.	Stuffed lettuce.
Gâteau de pistaches.	Pistachio cake.

Lettuce soup.

Blanch your lettuces and drain them, simmer over a slow fire in a little stock, and leave until they have absorbed all the liquid, after which add the required quantity of soup, and when hot pour into a soup-tureen, on slices of bread.

Mutton cutlets à la jardinière.

Trim the cutlets, melt some fresh butter in a shallow saucepan, add the cutlets, and season with salt, pepper, and a pinch of grated nutmeg, when done on one side, turn the cutlets; as soon as they are thoroughly cooked, arrange them round an entrée dish, and garnish the centre with the following vegetables: Take some button mushrooms, french beans, green peas, young carrots, and turnips, cut into small balls, and boil in stock; moisten some brown thickening with stock and simmer the vegetables in it until the sauce is quite thick; place a fine white head of boiled cauliflower in the centre of the cutlets, and surround with these vegetables.

Vegetable salad and smoked salmon.

Prepare the same way as Russian salad (see 31st of October), leaving out the partridge and chicken.

FEBRUARY 29.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Purée de pois verts au riz.	Purée of green peas and rice.
Cabillaud à la hollandaise.	Cod à la hollandaise.
Choucroute aux huîtres.	Pickled cabbage and oysters.
Écrevisses en buisson.	Crayfish.
Salade de légumes garnie de saumon fumé.	Vegetable salad with smoked salmon.
Blanc-manger.	Blanc-mange.

Purée of haricot beans.

Prepare the same as purée of haricot beans (see 2nd of July), but for fast days use cream or milk instead of stock.

Blanc-mange of almonds.

Blanch one pound of sweet almonds and half an ounce of bitter almonds, soak in cold water, so as to make them perfectly white, pound in a mortar and moisten gradually with two pints of milk, squeeze through a cloth into a bowl. Dissolve two ounces of gelatine and three quarters of a pound of sugar in a pint and a half of water, when cold add to the milk of almonds, flavour with a little orange-flower water, pour into a mould and place in the refrigerator for two hours, by which time it will have set.

Mushrooms on toast.

Peel your mushrooms and place in a saucepan with a lump of fresh butter, chopped parsley and chives, salt, black pepper, a pinch of grated nutmeg and some stock, toss them until cooked. Butter some round slices of crust of bread, toast them, and place on a dish. Thicken the sauce of the mushrooms with yolks of egg, squeeze some lemon juice over them, and dish up on the pieces of toast.

MARCH 1.

Potage à la purée de lentilles.	Purée of lentils.
Carpe à l'étuvée.	Stewed carp.
Côte de bœuf braisée au macaroni.	Braised ribs of beef with maccaroni.
Accolade de lapereaux rôtis.	Brace of young rabbits roasted.
Artichauts à la bonne femme.	Artichokes à la bonne femme.
Tartelettes de pommes.	Apple tartlets.

Stewed carp.

Warm some fresh butter, a pinch of flour, and a few young onions in a stew-pan ; when brown, add your carp cut into thick slices, moisten with stock and red wine, and season with butter, parsley, chives, eschalots, thyme, laurel leaves, mushrooms, a pinch of grated nutmeg, and young onions, stew over a quick fire, and serve, garnished with fried sippets of bread.

Braised ribs of beef with maccaroni.

Bone and roll the ribs of beef, and braise with white wine (see 28th of May) ; when cooked, remove the beef, pass the sauce through a tammy, skim off all fat, pour half into a sauceboat, add the remaining half to some boiled maccaroni, season with salt, pepper, a lump of fresh butter, and grated Parmesan or Gruyère cheese ; place on a dish, and lay the ribs of beef on it.

Artichokes à la bonne femme.

Trim the artichokes, and boil in boiling salt and water ; when done, plunge them into cold water, cut out the chokes and warm them in boiling water, drain, and dish up, well-covered with white sauce (see 23rd of August).

MARCH 2.

Potage brunoise aux pâtes d'Italie.	Brunoise soup with Italian paste.
Châteaubriand grillé.	Broiled fillets of beef à la Chateaubriand.
Croquettes de poisson.	Fish croquettes.
Pâté de foies gras	Pâté of foie gras.
Asperges en branches.	Asparagus.
Chartreuse de pommes.	Apple chartreuse or marmalade.

Broiled fillets of beef à la Chateaubriand.

Cut your fillets at least two inches thick, soak in oil for an hour, and broil. Serve with Chateaubriand sauce (see 21st of March), and garnish with fried potatoes and truffles.

Apple chartreuse or marmalade.

Peel twenty fine cooking apples, scoop out the cores, cut them in half and slice them, boil a third of them in water, sugar, and a pinch of saffron, drain, and boil the other third with cochineal, and the remainder in plain sugar and water, line a mould with buttered paper, stick some thin strips of angelica round the sides in any pattern you may fancy, place the different coloured slices of apple in rings round the mould and fill the centre with a marmalade made from the apple trimmings, turn out of the mould, and serve. If a white chartreuse is preferred, the apples must be soaked in lemon juice and water before being cooked.

MARCH 3.

Consommé aux profiteroles.	Clear soup with profit rolls.
Brochet sauce aux câpres.	Pike with caper sauce.
Chou farci.	Stuffed cabbage.
Selle de mouton rôtie.	Roast saddle of mutton.
Purée de haricots.	Purée of haricot beans.
Omelette soufflée.	Omelet soufflé.

Stuffed cabbage.

Choose a large white, close cabbage, take off all the hard green outside leaves, and blanch it ; cut out the heart and press between two plates to squeeze out all water. Make a stuffing with finely-minced sausage-meat, four yolks of egg and marrow, mix well together and spread a teaspoonful between each leaf, tie up the cabbage to its original shape—be careful not to cut the leaves with the string—simmer over a slow fire in stock, season with a bouquet of herbs, onions, a saveloy, carrots, a pinch of grated nutmeg, salt, and black pepper, cover the whole with slices of bacon ; shake the stew-pan occasionally so that the cabbage may not stick to the bottom and get burnt. Dish up the cabbage after cutting off the string. Pass the sauce through a tammy, clear of all grease, stir in a little thin browning, and pour over the cabbage.

MARCH 4.

Potage à la française.	French soup.
Bœuf bouilli sauce Robert.	Boiled beef with Robert sauce.
Poularde en entrée de broche.	Roast fowl with tomato sauce.
Carpes frites.	Fried carp.
Choux de Bruxelles au beurre.	Brussels sprouts with butter.
Biscuit glacé au chocolat.	Savoy or sponge cake glazed with chocolate.

Robert sauce.

Brown some slices of onion in butter, and add a little flour. Moisten with stock, white wine, and a few drops of vinegar, boil for half an hour, skim off all grease, season with salt and pepper, stir in a teaspoonful of mustard, and serve.

Roast fowl with tomato sauce.

Choose a fine fowl, stuff it with butter mixed with the juice of a lemon and a little salt, truss as if for boiling. Rub the breast with lemon juice, sprinkle with salt and pepper, lay slices of lemon on it, with no peel or pips, wrap up in slices of bacon and a buttered sheet of paper, roast on the spit with the back of the fowl nearest the fire ; it will take about an hour to cook ; remove the bacon, &c., and serve with tomato sauce.

Brill, béchamel sauce.

Cook a brill in salt and water over a slow fire ; do not let it boil, or the fish will break ; drain it, and serve with béchamel sauce (see 16th of August) in a sauceboat.

MARCH 5.

Potage brunoise.	Brunoise soup.
Alose à la hollandaise.	Boiled shad, Hollandaise sauce.
Pigeons en ragoût d'écrevisses.	Stewed pigeons and crayfish.
Rosbif en broche.	Roast beef.
Salsifis frits.	Fried salsifis.
Meringues à la crème.	Meringues with cream.

Boiled shad, Hollandaise sauce.

Clean out the shad by the gills, but do not scale it. Boil in salt and water, when quite boiling make a smaller fire and simmer for half-an-hour. Dish up, garnished with fresh parsley and boiled potatoes. Hand some Hollandaise sauce separately.

Stewed pigeons with crayfish.

Blanch your pigeons and beat the backs so as to spread out the breasts, boil in equal quantities of stock and white wine, and season with salt and pepper, a bouquet of parsley, chives, and two heads of cloves; when done take them out of the stew-pan and cook some mushrooms, twelve shelled crayfish, and a little flour in the sauce of the pigeons, boil for half an hour, reduce and thicken the sauce with yolks of egg and cream, season with finely-chopped parsley and a pinch of grated nutmeg, pour over the pigeons, and serve, garnished with the heads of the crayfish.

MARCH 6.

Potage au vermicelle.	Vermicelli soup.
Filets de soles à l'italienne.	Fillets of sole, Italian sauce.
Pluviers rôtis en entrée de broche.	Roast plover with stewed mushrooms.
Rognon de veau roti.	Roast calf's kidney.
Asperges à la sauce blanche.	Asparagus with white sauce.
Soufflé de riz.	Rice soufflé.

Roast plover with stewed mushrooms.

Choose some young fat golden plover; chop up the trail with parsley, eschalots, salt, pepper, and scraped bacon, stuff the plover with it, cover with slices of bacon and buttered sheets of paper, and roast. When done, serve on stewed mushrooms (see 27th of November).

Asparagus with white sauce.

Scrape and wash some fine heads of asparagus, tie them up into small bundles, cook in boiling salt and water, take off the fire before the asparagus becomes too soft, serve with white sauce, handed separately.

Rice soufflé.

Boil seven ounces of rice flour in a pint of milk with a little sugar and some pounded maccaroons, stir until it becomes a thick smooth paste, flavour with vanilla or lemon, add four or five yolks of egg, whip up the whites of the eggs and stir them in, pour into a soufflé dish, sprinkle with powdered sugar, and bake in a moderate oven. A potato soufflé is prepared in the same manner, only potato flour is used instead of rice.

MARCH 7.

Potage paysanne.	Peasant soup.
Lamproie à l'italienne.	Lampreys à l'italienne.
Culotte de bœuf braisée.	Braised rump-steak.
Volaille rôtie.	Roast fowl.
Pommes de terre à l'anglaise.	Potatoes à l'anglaise.
Crème à la vanille.	Vanilla cream.

Lamprey à l'Italienne.

Fillet a fine lamprey and stew in a tumblerful of white wine, a wine-glass of olive oil, chopped young onions, mixed herbs and four heads of garlic, when boiling add the juice of a lemon, and reduce the sauce. The garlic can be omitted if not liked.

Potatoes à l'Anglaise.

Peel your potatoes and boil in salt and water. Melt a lump of fresh butter in a saucepan, slice the potatoes, warm in the butter, season with salt and pepper, and serve. Do not let the butter clarify.

Flemish garnish.

This garnish is composed of knuckle of ham, bacon, sausages, german sausage, carrots, turnips, and glazed onions. The larger part of the garnish is composed of well boiled white cabbages, which have been thoroughly dried in a saucepan; brussels sprouts can also be used. This is an excellent garnish for a rump-steak, a fillet of beef, or a roast ham.

MARCH 8.

Potage de riz Crécy.	Purée of carrot and rice.
Gigot bouilli sauce aux câpres.	Boiled leg of mutton, caper sauce.
Anguille à l'anglaise.	Eel à l'anglaise.
Vanneaux rôtis.	Roast lapwings.
Céleri-rave à la demi-glace.	Glazed celery roots.
Beignets de pommes à la d'Orléans.	Apple fritters à la d'Orléans.

Eel, English fashion.

Soak some thick slices of eel for twenty-four hours in vinegar salt, pepper, and the peel of two or three lemons; dry them in a cloth and either roll in some very thin paste or dip into batter, fry until a good colour. Reduce some stock until thick, add the juice of a lemon, stir in some anchovy, and hand in a sauceboat with the fried eel.

Roast lapwings.

Do not draw your lapwings, wrap them up in slices of bacon and a buttered sheet of paper; lay some slices of fried bread in the dripping-pan, roast the birds and serve on bread. Lapwing's eggs are very excellent to eat and difficult to procure.

Apple fritters à la d'Orléans.

Roll out some brioche paste (see 24th of December), peel and scoop out the cores of some cooking apples, cut them in half, stew in syrup, drain and leave until cold. Roll each piece in some of the paste, and plunge into boiling lard.

Skate with black butter sauce.

Boil the skate in salt and water, place in a dish, and cover with black butter sauce. Garnish with pickled gherkins and fried parsley.

MARCH 9.

Potage Condé.	Condé soup.
Carpe garnie d'un ragoût de laitances.	Carp with stewed roe.
Jambon à la choucroute.	Ham and pickled cabbage.
Caneton de Rouen rôti.	Roast duckling.
Artichauts frits.	Fried artichokes.
Tartelettes à la vanille.	Vanilla tartlets.

Fried artichokes.

Cut your artichokes into slices lengthways, remove the chokes, cut off the tops of the leaves, trim the bottoms, wash them in vinegar and water, drain them and dip into a thin paste, made of eggs, flour, cream, pepper, salt, and half a wine-glass of brandy; fry in either olive oil or lard; serve garnished with fried parsley and sprinkled with salt.

Vanilla tartlets.

Pound five ounces of Jordan almonds and the same quantity of sugar in a mortar, add one ounce of powdered sugar and some vanilla sugar. Whip up six whites of egg, add the almonds and sugar; line your tartlet-pans with some light paste and fill with the whipped eggs, bake in a slow oven, glaze with some white sugar, and serve either hot or cold.

MARCH 10.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage à la Monaco.	White soup à la Monaco.
Alose grillée à l'oseille.	Broiled shad and sorrel.
Salmis de pilets.	Salmis of pintail.
Brochet farci et rôti.	Stuffed roast pike.
Œufs à la tripe.	Eggs à la tripe.
Gâteau de riz.	Rice cake.

White soup à la Monaco.

Cut up some bread into slices, sprinkle with powdered sugar, toast and place them in a soup-tureen, sprinkle with salt; pour some boiling cream or milk, thickened with yolks of egg, over the toast, and serve.

Broiled shad with sorrel.

Soak your shad for an hour in olive oil, seasoned with mixed herbs, salt, and pepper. Broil on the gridiron, moisten with the oil in which it was soaked, and serve on a purée of sorrel (see 23rd of December).

Stuffed roast pike.

Keep your pike for two days after catching; scale, draw it, and lard with fillets of anchovies and gherkins, and stuff with egg stuffing (see 16th of December). Spread some branches of mixed herbs, sprinkled with mixed spice and salt, on a large sheet of buttered paper, in which wrap the pike, fasten it on with skewers and roast, baste with white wine and melted butter. Serve with thick piquante sauce (see 26th of June).

Nun's sighs.

Warm a lump of butter the size of a walnut, a lump of sugar, a little lemon-peel, and a pinch of salt in a tumblerful of water, let it boil over two or three times; stir in some flour until it becomes a thick paste, and continue stirring until it is cooked, which you can tell, if the paste does not stick to your finger; leave in the saucepan until cold, then stir in one egg at a time until it is thin enough to drop out of a spoon. Take a dessert spoon and drop lumps of the paste about the size of a walnut into lard which is not quite boiling, take out when swollen to four times their original size and of a golden colour. Sprinkle with sugar and serve hot; they are also very nice cold. The flavouring can be varied by omitting the lemon-peel and stirring in a little orange-flower water with the first egg.

MARCH 11.

Consommé aux croûtes grillées.	Soup with baked bread-crusts.
Poule au pot.	Fowl boiled in stock.
Sauté de lapereaux.	Young rabbits fried.
Rosbif rôti.	Roast beef.
Choux-fleurs gratinés au Parmesan.	Baked cauliflowers with Parmesan cheese.
Crème au chocolat.	Chocolate cream.

Fowl boiled in stock.

Cook your fowl in uncleared stock after the vegetables have been put in (see 1st of July), simmer until sufficiently done, serve sprinkled with coarse salt, and hand some bourgeoise sauce in a sauceboat.

Young rabbits fried.

Cut up your rabbits into joints, soak in water and dry in a cloth to remove all blood, warm some butter seasoned with mixed spices, salt, and pepper in a frying-pan, toss the pieces of rabbit in it until quite firm, sprinkle with chopped parsley and eschalots, leave on the fire for a few minutes, and serve. Only very young rabbits can be used for this dish.

Chocolate cream.

Stir two ounces of powdered sugar into a pint of double cream, boil until reduced to about half the quantity; when cold, add the yolks of three eggs, and two ounces of finely-grated chocolate; cook in a bain-marie; when done, pour into a glass dish, and serve cold.

Chocolate fingers with cream.

Make some paste, the same as for nun's sighs (see 10th of March), only keep it thick enough to roll out and cut into the shape of ladies' fingers; bake in the oven, glaze with chocolate (see 24th of February), and fill with chocolate cream.

MARCH 12.

Potage au tapioca.	Tapioca soup.
Cabillaud à la hollandaise.	Cod à la hollandaise.
Poularde à la bourgeoise.	Boiled fowl, bourgeoise sauce.
Gigot d'agneau rôti.	Roast leg of lamb.
Champignons au gratin.	Baked mushrooms.
Gâteau de semoule à la crème.	Semolina cake with cream.

Cod à la Hollandaise.

Clean out your cod, fill it with coarse salt, rub the sides and sprinkle them with fine salt, and leave in a cool place for three or four hours. Two hours before cooking it, wash the cod, make several slits down the back, tie a string round the head, and soak in milk and water. Boil in boiling salt and water, add two pints of boiling milk, and leave on the fire for three-quarters of an hour, if a very large fish it will take a little longer to cook. When done dish up on a napkin, garnished with boiled potatoes and fresh parsley. Melt some fresh butter in a bain-marie, season with salt, pepper, a pinch of mixed spice, and the juice of a lemon; hand in a sauceboat with the cod.

Garnish à la Godard.

This is used chiefly for garnishing roast turkeys, fat pullets or a fillet of beef. Boil some large truffles, cockscombs and sweetbreads larded with fillets of truffles in stock, season with salt and pepper, cook some large quenelles (see 3rd of September) in the same stock and garnish your dish.

MARCH 13.

Potage au macaroni avec Parmesan.	Maccaroni soup with Parmesan cheese.
Épaule de mouton en ballon aux oignons glacés.	Braised shoulder of mutton and glazed onions.
Poulet à la chasseur.	Grilled chicken à la Chasseur.
Pâté de saumon, ou poissons frits.	Salmon pie or fried fish.
Salade de pommes de terre.	Potato salad.
Éclairs aux œufs.	Chocolate fingers with cream.

Braised shoulder of mutton and glazed onions.

Bone your shoulder of mutton, leaving the stump to use as a handle, lard with bacon well seasoned with chopped herbs, salt, and pepper, roll the mutton into the shape of a balloon, and sew together with a trussing-needle. Line a braising-pan with slices of bacon, put in the shoulder of mutton, add the shoulder-bone, some carrots, onions, two heads of cloves, laurel-leaves, thyme, and some stock; cover with slices of bacon and a buttered sheet of paper, and simmer over a slow fire. When done, cut the string with which it has been sewn together, and dish up, garnished with glazed onions (see 14th of January).

Grilled chicken à la Chasseur.

If possible procure some young chickens for this dish, split them down the back and beat until flat; if you have large fowls, they must be cut up into joints. Soak for an hour in olive oil, seasoned with salt, pepper, slices of onion, parsley, and lemon juice; bread-crumb lightly, and grill on a gridiron; if cut up into joints, dish up in a pyramid. Add some slices of fried onion and chopped ham to some Madeira sauce (see 19th of August), and pour over the grilled chicken.

MARCH 14.

Potage crème de riz à la peluche de cerfeuil.	Purée of rice with chervil.
Esturgeon au court-bouillon.	Stewed sturgeon.
Langue de bœuf au gratin.	Baked ox-tongue.
Canards sauvage rôtis.	Roast wild duck.
Asperges à l'huile.	Asparagus with oil and vinegar.
Omelette au rhum.	Rum omelet.

Stewed sturgeon.

Choose either a small sturgeon, or have a slice from a large one, boil in court-bouillon (see 18th of April), cover the lid of the saucepan with hot coals, moisten the fish occasionally with the sauce in which it is boiling, and serve with Italian sauce, to which add some of the fish liquor reduced, and a pinch of cayenne pepper.

Baked ox-tongue.

Trim your tongue and braise it (see 28th of May); when cooked, skin it, and leave until cold. Cut it up into thick slices. Pound the crumb of a stale loaf in a mortar, with some chopped parsley, chives, three eschalots, a few tarragon-leaves, capers, an anchovy, and fresh butter, cover the bottom of a plated or tin dish with half of this stuffing, lay the slices of tongue on it, and cover with the remaining half; sprinkle with a little melted butter and stock, and bake, serve when a good colour.

Asparagus with oil and vinegar.

Cook the same as asparagus (see 6th of March), but hand oil and vinegar with it, instead of white sauce.

MARCH 15.

Potage à la parisienne.	Parisian soup.
Bœuf à la mode.	Bœuf à la mode.
Pluviers en salmis.	Salmis of plover.
Alose rôtie.	Roast shad.
Petits pois nouveaux à l'anglaise.	Green peas à l'anglaise.
Crêpes.	Pancakes.

Roast shad.

You must have a fine, fat shad to be able to cook it in this manner. Clean and scale your fish, make several slits down the sides, do not cut too deep, and soak for an hour in olive oil, season with salt, pepper, parsley, chives, and thyme; turn the fish several times whilst soaking, roast, and baste it with the olive oil. Dish up on a napkin, and garnish with fresh parsley. The best manner to carve such a large fish is to make a deep incision down the back from head to tail, and then to cut off slices down the side; ten good helpings ought to be cut off a shad twenty-five inches long without touching the inferior parts of the fish. Cut off the fins before serving. The roe of the sturgeon is excellent.

Fillets of sole with Italian sauce.

Fry the fillets in hot melted butter, when done, cover with Italian sauce (see 13th of October).

Tartare sauce.

Take three tablespoonfuls of béchamel sauce (see 16th of August), stir in a bowl with two yolks of egg, a little salt, pepper, and grated nutmeg; when well mixed, add some olive oil, drop by drop, until the sauce is quite thick, flavour with a few drops of tarragon, add a little finely-chopped chervil, tarragon, and eschalot. Serve in a sauceboat.

MARCH 16.

Potage aux pâtes d'Italie.	Clear soup with Italian paste.
Carrelets grillés.	Broiled plaice.
Aloyau à la Godard.	Sirloin of beef à la Godard.
Volaille rôtie.	Roast fowl.
Céleri au jus.	Stewed celery.
Parfait au café.	Coffee blanc-mange.

Broiled plaice.

Clean and wash your fish, dip into olive oil, sprinkle with salt and pepper, place a mat of straw reeds, like those used for cream cheeses, on the gridiron, broil the fish on it over a slow fire; when done, cover with caper sauce (see 3rd of May).

Sirloin of beef à la Godard.

Trim and bone your sirloin, roll the topside and tie round with string, put it in a braising-pan and braise (see 28th of May). When the beef is cooked, place it on a dish, pass the vegetables and sauce through a tammy, skim off all grease and warm in a saucepan with a little stock, sliced sweet-breads, some bottoms of artichokes cut into quarters, button mushrooms, and add at the last some fried eggs. Garnish the beef with it, and serve.

Cream quenelles.

Warm a lump of butter the size of a walnut, a pinch of black pepper, some grated nutmeg, and a tumblerful of cream, let it boil over two or three times, stir in some flour until it becomes a thick paste, leave until cold, add one egg at a time until the paste is thin enough to drop out of a spoon, take a teaspoonful at a time of the paste and drop into boiling water. When poached the quenelles will be ready to serve.

MARCH 17.

Consommé aux quenelles.	Clear soup with quenelles.
Truite à la Chambord.	Trout à la Chambord.
Lapereau en papillote.	Broiled young rabbits in cases.
Selle d'agneau rôti, cresson.	Roast saddle of lamb and water-cresses.
Epinards au velouté.	Spinach with velouté sauce.
Tourte à la crème d'amandes.	Open tart with almond cream.

Trout à la Chambord.

Plunge the trout into boiling water and skin them, after which wash them thoroughly in several waters, drain, and cook in wine marinade sauce (see 3rd of December), when done, drain and place on a dish. Cook some larded sweetbreads, fish quenelles, and crayfish in financière sauce (see 27th of December), and garnish the trout with them.

Broiled young rabbits in cases.

Cut up the rabbits into joints, remove all the larger bones, and cover each piece with the following stuffing: take some stale grated bread-crumb, scraped bacon, finely-chopped parsley, eschalots, mushrooms, salt, pepper, and a head of garlic, mix well together. Cover each piece with a slice of bacon, and wrap up in a case of buttered paper, broil over a slow fire, and serve in the cases.

Roast saddle of lamb.

Roll and skewer the flanks of the saddle, wrap it up in buttered sheets of paper, roast for an hour and a half, baste frequently, and serve with its own gravy.

MARCH 18.

Potage au pain.	Bread soup.
Pièce de bœuf sauce tomates.	Braised beef with tomato sauce.
Anguille au soleil.	Fried eel.
Pintades rôties.	Roast guinea fowl.
Petits pois au beurre.	Green peas and butter.
Meringues à la crème.	Meringues with cream.

Fried eel.

Cut an eel into thick slices, and boil in marinade sauce (see 3rd of December); when cold, drain it, bread-crumb and dip into eggs beaten up with salt and pepper, fry the pieces of eel, and serve, covered with ravigote sauce (see 29th of May).

Meringues with cream.

Whip up twelve whites of eggs with an egg-whisk until a thick cream; stir in a pound of sifted sugar, flavour with either essence of vanilla or lime juice, lay some sheets of paper on a slab of wood, take a table-spoonful at a time of the whipped egg, drop on the paper in an oval shape, smooth the surface by drawing the spoon quickly over it, sprinkle with sifted sugar, and bake in a slow oven until a golden colour. When done take the meringues carefully off the paper, scoop out the centres with a spoon, place them in a sieve, and dry in the oven. Just before serving, fill the meringues with whipped cream, flavoured with either vanilla or lemon juice and a little powdered sugar, join two halves together, and dish up in a pyramid.

Garnish à la financière.

This garnish is composed of fat goose's liver, kidneys, cocks-combs, truffles, and quenelles of fowl, all cooked in Spanish sauce (see 3rd of November), with the addition of a wine-glassful of sherry; and is mostly used for garnishing fat pullets, fowls, or fillets of beef.

MARCH 19.

Consommé aux œufs pochés.	Clear soup with poached eggs.
Tanches au court-bouillon.	Tench boiled in court-bouillon.
Tendrons d'agneau aux pointes d'asperges.	Braised breasts of lamb and asparagus.
Rosbif à l'anglaise.	Roast beef.
Pommes de terre sautées.	Fried potatoes.
Crème d'amandes.	Almond cream.

Tench boiled in court-bouillon.

Scale and clean your tench, and boil in court-bouillon (see 18th of April); when done, serve with white caper sauce in a sauceboat.

Braised breasts of lamb and asparagus.

Put two breasts of lamb in a braising-pan, and braise them (see 28th of May); when cooked, leave in the braising-pan until cold; cut them up into pieces, and cook in a stew-pan with some clear stock, leave on the fire until reduced to a glaze. Dish up with a fried slice of bread between each piece of lamb, and garnish the centre of the dish with stewed asparagus (see 28th of April).

Almond cream.

Blanch three ounces of Jordan almonds, three bitter almonds, and pound them; stir into a pint of boiling cream, pass through a hair sieve, and add three yolks of egg, three ounces of powdered sugar, and a little orange-flower water; cook in a bain-marie; when done, pour into a glass dish, and serve cold, garnished with burnt almonds.

Garnish à la Chipolata.

This garnish is composed of Chipolata sausages, lean bacon, peeled roast chestnuts, carrots cut into small round balls, and button mushrooms, cooked in Spanish sauce (see 3rd of November).

MARCH 20.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Julienne maigre.	Julienne soup for fast day.
Truite sauce genevoise.	Trout, Geneva sauce.
Macaroni en timbale.	Timbale of maccaroni.
Sarcelles rôties.	Roast teal.
Haricots rouges à la bourguignonne.	Red haricot beans à la bourguignonne.
Gâteau de riz au caramel.	Rice cake with burnt sugar.

Timbale of maccaroni.

Boil your maccaroni in salt and water, when done, drain, and season with pepper, fresh butter, and equal quantities of grated Parmesan and Gruyère cheese. Line a mould with some short paste rolled out very thin, fill with the maccaroni, cover with paste, and lay a sheet of buttered paper over it to prevent the paste getting burnt, bake in a moderate oven for three quarters of an hour, or longer if it is a very large mould; when cooked, turn it out of the mould and serve very hot.

Red haricot beans à la bourguignonne.

Boil some red haricot beans in the stock of julienne for fast days (see 30th of June), add a lump of butter, a bouquet of mixed herbs, and an onion stuck with cloves. When quite cooked, remove the onion and bouquet of herbs, and stir in a little red wine, salt, and pepper. Serve hot.

Semolina quenelles.

Stir five yolks of egg. six ounces of fine semolina, salt and a pinch of grated nutmeg into six ounces of fresh butter. Take a dessert-spoonful at a time of this paste and poach in boiling water, when the quenelles will be ready for use.

MARCH 21.

Potage Crécy.	Purée of carrots.
Bar à l'eau de sel.	Boiled bass.
Cotelettes de porc frais grillées, sauce poivrade.	Pork cutlets with poivrade sauce.
Dinde rôtie.	Roast turkey-hen.
Asperges en branches.	Asparagus.
Pains de la Mecque.	Mecca loaves.

Boiled bass.

Clean, scrape, and wash your fish, drain it, and cook in warm salt and water; as soon as it boils, take the fish-pan off the fire and place it near enough to the fire for the water to simmer for twenty minutes, leave the fish in its liquor until time to serve it. Dish up on a napkin, garnished with fresh parsley and boiled potatoes.

Poivrade sauce.

Take a tumblerful of vinegar, a quarter of an ounce of laurel-leaves, the same quantity of thyme and onion, one ounce of chopped parsley, one ounce of chopped eschalot, salt, and pepper, simmer in a saucepan until reduced, but do not let it burn; stir in an ounce of butter, a teaspoonful of flour, and some stock, continue stirring for a quarter of an hour, with a wooden spoon, take off the fire, and serve.

Châteaubriand sauce.

Melt some meat glaze in a little white wine, stir in some Spanish sauce (see 3rd of November), and when time to serve thicken with maitre d'hôtel sauce (see 23rd of March).

MARCH 22.

Potage purée de pommes de terre à la peluche de cerfeuil.	Purée of potatoes with chervil.
Alose à la hollandaise.	Boiled shad, hollandaise sauce.
Côtelettes de mouton aux pointes d'asperges.	Mutton cutlets with asparagus.
Bécassines rôties.	Roast snipe.
Artichauts à la barigoule.	Stuffed artichokes à la barigoule.
Biscuit au beurre.	Butter biscuits.

Purée of rice with chervil.

Make a purée of rice (see 27th of February), stir in the necessary quantity of stock, and two teaspoonsful of chopped chervil.

Leg of mutton à la Provençale.

Hang a leg of mutton until very tender; lard it with fillets of anchovies, garlic, and bacon, wrap it up in a sheet of paper spread with lard, roast, and serve with piquante sauce.

Stuffed artichokes à la barigoule.

Choose some young artichokes of medium size, cut out the chokes, trim the leaves, and blanch them. Warm some chopped parsley, mushrooms, eschalots, scraped bacon, a pinch of mixed spice, salt, and pepper, in butter; when done, fill the artichokes with this stuffing, tie a string round them to keep the leaves in their original shape, and place them in a saucepan, covered with slices of bacon, and sprinkled with olive oil, fix the lid on tight, and when cooked, serve the artichokes with their own sauce reduced, or with Italian sauce.

MARCH 23.

Consommé aux lazagnes.	Clear soup with Italian paste.
Goujons frits.	Fried gudgeon.
Fricassée de poulets.	Fricassée of fowl.
Gigot rôti.	Roast leg of mutton.
Purée de navets.	Purée of turnips.
Gâteau de riz.	Rice cake.

Fricassée of fowl.

Cut up your fowls into joints and soak in warm water until thoroughly clean, dip the pieces into cold water, drain, singe the legs, so as to remove the skin, split the gizzards, cut off the heads and use the best half of the necks; wash the livers, sprinkle the whole with flour and warm in a saucepan, stir them all the time so that the butter may not brown, after five minutes add some stock, two heads of cloves, cockscombs, pieces of sweet-bread, mushrooms, morels, a bouquet of mixed herbs, salt, and pepper; simmer over a moderate fire until sufficiently done, thicken the sauce with yolks of egg, a little cream and lemon juice; pile the pieces of chicken in an entrée dish, reserving the breasts and wings for the last, pour the sauce over them and garnish with large crayfish. This excellent entrée must be numbered amongst the classical dishes of French culinary art.

Maître d'hôtel butter.

Take a tablespoonful of mixed herbs, composed half of finely-chopped parsley, a quarter of chervil leaves, and a quarter of watercress, mix into a pound of fresh butter, add one or two chopped tarragon leaves, the juice of a lemon and two or three yolks of egg, this butter will keep a long time.

MARCH 24.

Potage Faubonne.	Faubonne soup.
Saumon sauce genevoise.	Salmon, Geneva sauce.
Poularde à la Grimod.	Fowl à la Grimod.
Filet de bœuf rôti.	Roast fillet of beef.
Asperges au beurre.	Asparagus with butter.
Œufs à la neige.	Poached whites of egg.

Fowl à la Grimod de la Reynière.

Clean and truss a fine fowl or fat pullet, beat the back so as to flatten the breast as much as possible, fill it with a stuffing composed of chopped truffles, chicken's liver, mushrooms, parsley, chives, salt, coarse black pepper, beef marrow, and a little butter and lard. Warm the fowl for a few minutes in melted butter, and cover it with slices of crumb of bread, cut the length of the fowl and about a quarter of an inch thick, lay some slices of lean ham of the same size over them, and wrap the whole in a buttered paper, roast, and serve with its own gravy.

Baked mushrooms with bread-crumbs.

Prepare the same as stuffed mushrooms (see 4th of September).

Poached whites of egg.

Boil a pint of milk, two tablespoonsful of orange-flower water and four ounces of sugar in a saucepan; whip up six whites of egg and drop in a dessert-spoonful at a time of the whipped egg into the milk; when poached, place them on a dish, thicken the milk with beaten yolks of egg, and pour over the poached whites. Serve cold.

MARCH 25.

Potage au pain.	Bread soup.
Bœuf bouilli garni de choux.	Boiled beef and cabbage.
Barbue à la Parmesane.	Baked brill with Parmesan cheese.
Jambon rôti.	Roast ham.
Épinards au jus.	Stewed spinach.
Darioles à la duchesse.	Duchess cakes.

Baked brill with Parmesan cheese.

Break up any pieces of brill which may have been left from the previous day's dinner, take out all the bones, and warm in thick béchamel sauce (see 16th of August); place on a tin or plated dish, smooth with the blade of a knife dipped in boiling water, bread-crumb, and sprinkle with grated Parmesan cheese, brown in the oven or with the salamander, and serve very hot.

Duchess cakes.

To make eighteen cakes, take one ounce of flour and stir well together with an egg; add six yolks of egg, four ounces powdered sugar, six pounded maccaroons, a pinch of salt, and lastly a whole egg, stir until perfectly mixed, and add a pint of cream, some strips of citron, a tablespoonful of currants, a pinch of chopped angelica, glacé cherries, and some preserved orange-flower leaves. Butter some small moulds, fill them with the cream, bake, and when cooked, glaze with white sugar, and serve very hot. These little cakes are most delicious.

MARCH 26.

Potage printanier.	Spring soup.
Anguille à la bordelaise.	Eel à la bordelaise.
Côtelettes de veau à la milanaise.	Veal cutlets à la milanaise.
Canards sauvages rôtis.	Roast wild duck.
Croûte aux champignons.	Mushrooms on toast.
Compote de poires.	Compote of pears.

Clear stock à la Française.

This soup, which is the result of keeping a stockpot always going, is generally made in an earthenware pot, or in a well-tinned stockpot. Cut up your soup-meat into small pieces, crush the bones, put in as many pints of water as there are pounds of beef, flavour with salt, place on the fire, when it boils, skim, and add carrots, turnips, parsnips, a bouquet of parsley, a laurel-leaf, two heads of cloves, a broiled onion, and a lump of sugar. Simmer for seven hours; if the soup is required to be extra good, a fowl can be boiled in it, but if so, no sugar will be required. Clear off all grease, and pass through a tammy.

Spring soup.

Cut up some carrots, turnips, and leeks into fine strips, warm in fresh butter until slightly brown; boil in a little stock for an hour, add some asparagus heads, green peas, and french beans, which have been boiled in water; pour in the necessary quantity of stock, skim off all grease, and when boiling, pour into a soup-tureen over toasted crusts of bread.

MARCH 27.

Potage à la purée de pois.	Purée of green peas.
Morue à la maître d'hôtel.	Salt cod à la maître d'hôtel.
Côtelettes de mouton sauce tomates.	Mutton cutlets with tomato sauce.
Pâté de bécassines.	Pâté of snipe.
Macédoine de légumes en salade.	Mixed vegetable salad.
Soupirs de nonne.	Nun's sighs.

Salt cod à la maître d'hôtel.

Soak a piece of salt cod for twenty-four hours, change the water frequently, scrape the fish and boil in water, when cooked, drain and place in a fish-pan. Melt sufficient fresh butter to make a good sauce for the cod, flavour with pepper, a pinch of grated nutmeg, chopped parsley and chives, a pinch of flour, and a tea-cupful of the water in which the cod was boiled; stir this sauce, and pour it over the fish; leave on the fire until the cod is quite hot, stir the sauce the whole time, or the butter will become oily, squeeze the juice of a lemon over it, and serve when the sauce has thickened.

Fish glaze.

Simmer the heads and trimmings of turbot, whiting, and gurnet in water, with a fifth part of white wine, for several hours; season with carrots, leeks, onions, a bouquet of mixed herbs, and a head of garlic. Pass through a tammy, and reduce to a glaze, and keep until required.

Chicken glaze.

Prepare the same as above, only use trimmings and bones of chicken instead of fish.

Mutton cutlets with tomato sauce.

Trim your cutlets, dip them into melted butter, sprinkle with salt and pepper, and grill on the gridiron, be careful to turn the cutlets, serve them at the end of five or six minutes with tomato sauce (see 6th of January).

MARCH 28.

Consommé à la chiffonnade de cerfeuil.	Clear soup with chervil-leaves.
Limandes frites, sauce Colbert.	Fried dab, Colbert sauce.
Foie de veau à l'italienne.	Calf's liver à l'italienne.
Quartier d'agneau farci rôti.	Stuffed forequarter of lamb.
Salsifis frits.	Fried salsifis.
Gâteau aux amandes.	Almond cake.

Clear soup with chervil-leaves.

Cut up some chervil-leaves, and boil in your stock; the flavour of these leaves is a great improvement if the stock happens to be rather poor.

Calf's liver à l'Italienne.

Cut up the liver into thin slices; put some olive oil, melted lard, and white wine in a saucepan, cover the bottom with chopped parsley, chives, and mushrooms, sprinkled with salt and pepper, place a layer of calf's liver on this, and continue in the same manner until the saucepan is nearly full, cover with slices of bacon, and cook over a slow fire with hot coals on the lid of the saucepan; serve either with Italian sauce (see 13th of October), or with its own sauce reduced, and cleared of all grease.

Stuffed forequarter of lamb.

Take the meat out of two or three sausages, some chopped bacon, a wine-glassful of cream, some bread-crumbs and chopped mixed herbs, mix the whole well together, and thicken with yolks of egg; raise the shoulder with a knife without cutting the skin, fill with the stuffing, and sew it down with a trussing-needle and string. Wrap in a buttered sheet of paper, and roast. Serve with Spanish sauce (see 3rd of November), or with stewed bottoms of artichokes.

MARCH 29.

Garbures gratinées.	Bread and cabbage soup à la gasconne.
Raie au beurre noir.	Skate with black butter sauce.
Rosbif garni de pommes de terre.	Roast beef and baked potatoes.
Terrine ou Pâté froid.	Cold game pie.
Céleri-rave au jus.	Stewed celery roots.
Tartelettes de poires.	Pear tartlets.

Bread and cabbage soup à la Gasconne.

Line a stew-pan with slices of bacon, add some white cabbages cut into quarters, chopped bacon, carrots, onions, a bouquet of mixed herbs, salt, and pepper, simmer over a slow fire in stock until cooked. Simmer some slices of bread-crumb in stock until quite soft. Sprinkle the bottom of an earthenware pot which is fire-proof, with equal quantities of grated Parmesan and Gruyère cheese, fill with alternate layers of cabbage, and soaked bread-crumb, sprinkle each layer with grated cheese, arrange so that you finish filling the pot with cabbages, which must have an extra quantity of cheese sprinkled over them; brown in the oven, and serve very hot. Hand some clear stock in a separate tureen, as some people do not like such thick soup.

Mint sauce.

Reduce equal quantities of vinegar and water, sweeten with a lump of sugar, and stir in some finely-chopped mint.

MARCH 30.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage aux choux verts.	Green cabbage soup.
Alose au court-bouillon.	Shad boiled in court-bouillon.
Timbale de macaroni à l'italienne.	Timbale of maccaroni à l'italienne
Carpes frites.	Fried carp.
Asperges à la crème.	Asparagus with cream.
Gâteau de riz.	Rice cake.

Shad boiled in court-bouillon.

Clean out your fish by the gills, sew up the head, and boil in court-bouillon (see 18th of April). When done, drain and dish up on a napkin, garnished with fresh parsley. Hand some white sauce (see 31st of January) in a sauceboat, or oil and vinegar. A sauce can also be made by passing whatever court-bouillon remains through a tammy and warming it in a quarter of a pound of fresh butter, stir in a little flour and a dessert-spoonful of anchovy butter (see 17th of May), and hand in a sauceboat.

Asparagus with cream.

Cut up some heads of asparagus, wash and drain them, melt some fresh butter in a saucepan, warm the asparagus heads in it, and stir in some béchamel sauce (see 16th of August); when done, serve covered with the sauce.

Rice cake.

Thoroughly wash half a pound of fine rice, boil in boiling milk and a little lemon-peel; when done, leave until cold, stir in five ounces of powered sugar, a pinch of salt, four whole eggs, and four yolks of egg; keep the whites in a bowl. Butter a mould, and sprinkle with bread-crumbs, whip up the whites of egg and stir them into the rice, fill the mould and bake for half an hour; when cooked, turn out of the mould, and serve.

MARCH 31.

Potage printanier.	Spring soup.
Rougets sauce aux huîtres.	Red mullet and oyster sauce.
Marinade de cervelles.	Calf's brain fritters.
Filet de bœuf rôti au Madère.	Roast fillet of beef, Madeira sauce.
Petits pois nouveaux à l'anglaise.	Green peas à l'anglaise.
Tartelettes de fraises.	Strawberry tartlets.

Red mullet and oyster-sauce.

Boil two onions, a chopped carrot, some branches of parsley, and salt in three pints of water, and two tablespoonsful of vinegar, leave on the fire for twenty minutes, pass through a tammy; when cold, place in a stew-pan, add your mullet, which have been cleaned, boned, and the heads sewn up, boil over a quick fire, and when cooked, simmer for ten minutes, cut off the string from the heads before serving, drain, and dish up, covered with oyster sauce (see 18th of November).

Roast fillet of beef, Madeira sauce.

Roast your fillet and baste with dripping, to which you have added two tumblers of Madeira and a pinch of white pepper. Clear the gravy of all grease, and serve with the beef.

Calf's brain fritters.

Cook the same as chicken fritters (see 4th of June).

Purslane fried in batter.

Take some stalks of purslane, the juice of a lemon, some powdered sugar, and a pinch of grated cinnamon, pound them well together, and leave to soak for two hours. Dip the stalks into batter, to which you have added a little brandy, and fry over a slow fire. Serve, sprinkled with powdered sugar.

APRIL 1.

Potage à l'oseille.	Sorrel soup.
Tanches sur le gril.	Broiled tench.
Langue de bœuf au Parmesan.	Stewed ox-tongue with Parmesan cheese.
Longe de veau rôtie.	Roast loin of veal.
Purée de lentilles.	Purée of lentils.
Méringues à la crème.	Meringues with cream.

Purée of lentils.

Boil your lentils in salt and water with a piece of bacon, when done pass through a tammy, thin the purée with stock, and serve with fried bread. If by mistake too much stock is added, the purée must be placed on the fire and reduced, care being taken that it does not burn.

Broiled tench.

Wash three or four fine tench in boiling water, leave to soak for a few minutes, after which scrape off the scales, beginning from the head, so as not to cut the skin, clean them out and soak for an hour in olive oil, seasoned with chopped parsley, chives, eschalots, thyme, laurel-leaves, salt, and pepper ; wrap each fish in two sheets of paper, which have been soaked in the oil and thickly covered with the chopped seasoning in which the tench were soaked ; broil, and remove the papers before dishing up. Pour piquante sauce (see 26th of June) over the fish.

Stewed ox-tongue with Parmesan cheese.

Trim and blanch the tongue, boil in stock, skin, and cut up into slices ; simmer in a tumblerful of dry white wine and the same quantity of stock until the liquor is reduced one half pour part of the sauce into a plated dish, grate some Parmesan cheese over it, add the slices of tongue, cover with the remainder of the sauce, sprinkle with grated cheese, and brown in the oven.

APRIL 2.

Potage au pain.	Bread soup.
Bœuf garni de légumes.	Boiled beef with vegetables.
Marinade de volaille.	Chicken fritters.
Brochet au bleu.	Pickled pike.
Macaroni à la sauce tomate.	Maccaroni with tomato sauce.
Pommes au riz.	Stewed apples with rice.

Soup with toasted crusts of bread.

Prepare the same as bread soup (see 6th of January).

Maccaroni with tomato sauce.

Boil a pound of maccaroni in boiling water with a lump of fresh butter, an onion, two heads of cloves, and salt; when done drain the maccaroni and place in a saucepan with five ounces of grated Gruyère cheese, five ounces Parmesan cheese, a pinch of grated nutmeg, some coarse black pepper, and six tablespoonsful of cream, toss over the fire until the cheese becomes thick and stringy. Dish up in a pyramid covered with thick tomato sauce (see 6th of January).

Stewed apples with rice.

Scoop out the cores and peel some fine russet apples, and stew them in clarified sugar. Boil some rice in milk with a pinch of salt, a few strips of lemon-peel and sugar enough to sweeten it, leave on the fire until the rice is quite soft and has absorbed nearly all the milk, remove the lemon-peel and place in a dish, arrange the stewed apples on the rice and put in the oven until a pretty golden colour.

Compote of gooseberries.

Pick off the stalks of your gooseberries, wash and drain them, lay in a deep pie-dish, and pour hot clarified sugar over them. Serve when cold.

German sauce.

Reduce some béchamel sauce (see 18th of August), thicken with four yolks of egg, stir in half a tumblerful of cream, season with salt, pepper, and a pinch of sugar, and warm in a saucepan.

APRIL 3.

Potage au tapioca.	Tapioca soup.
Filets de soles au gratin.	Baked fillets of sole with bread crumbs.
Côtelettes de mouton jardinière.	Mutton cutlets à la jardinière.
Poulet rôti au cresson.	Roast fowl with watercresses.
Choux de Bruxelles au beurre.	Brussels sprouts.
Beignets d'abricots à l'eau-de-vie.	Apricot fritters with brandy.

Baked fillets of sole with bread-crumbs.

Cut each sole into four fillets by making a slit down the back and passing a knife between the fish and the backbone. Spread some forcemeat (see 6th of April) on each fillet and roll them. Line a tin or plated dish with a thin layer of the same forcemeat, place the fillets round the dish and fill all the empty spaces with forcemeat; bread-crumb, moisten with melted butter, and brown in the oven or with a salamander.

Eel à la Bordelaise.

Wash and clean out your eel, split it in two, remove the backbone and boil in white wine, flavoured with salt, pepper, parsley, and slices of onion, when cooked, place the fish between two cloths, press with a heavy weight until quite flat, cut it into fillets and warm in some white wine sauce, which has been reduced and thickened with fish glaze (see 27th of March); when quite hot, dish up the fillets in a pyramid and cover with their own sauce. Garnish with glazed onions (see 14th of January).

Apricot fritters with brandy.

Cut your apricots into halves, remove the stones, and place each piece between two round slices of either brioche or bread which have been soaked in brandy; dip into batter (see 13th of November), and fry in hot butter or lard until a golden colour, drain and sprinkle with powdered sugar, glaze in the oven or with the salamander.

APRIL 4.

Potage au riz purée de pois.	Purée of green peas with rice.
Turbot au gratin	Baked turbot.
Bœuf à la mode.	Bœuf à la mode.
Canards rôtis.	Roast ducks.
Artichauts à la lyonnaise.	Artichokes à la lyonnaise.
Gâteaux fourrés aux confitures.	Jam puffs.

Baked turbot.

Boil a turbot in salt and water, when cold remove all the bones from the fish, break it into pieces and warm in white béchamel sauce (see 18th of August); when thoroughly mixed place in a tin or plated dish, sprinkle with bread-crumbs and grated Parmesan cheese, moisten with melted butter, and brown in the oven.

Jam puffs.

Cut out some puff paste with a large round tin cutter, scoop out the centre of half the rounds and fill them with jam, cover with the remaining halves, after moistening the edges of the paste with a little water, glaze with whipped yolk of egg, and bake; when cooked, sprinkle the puffs with powdered sugar, and glaze in the oven or with a salamander.

Pistachio cake.

Blanch one pound of pistachio nuts and pound in a mortar with the white of an egg, add a little scraped green lemon-peel, half a pound of powdered sugar, ten eggs, the whites of which must be whipped, and mix all together, pour into a well-buttered mould, and bake for an hour in a moderate oven. Turn out of the mould and serve either hot or cold.

APRIL 5.

Potage aux œufs pochés.	Clear soup with poached eggs.
Truite au beurre d'anchois.	Trout and anchovy butter.
Épigrammes d'agneau aux pointes d'asperges.	Breast and neck of lamb with asparagus heads.
Filet de bœuf rôti.	Roast fillet of beef.
Choux-fleurs sauce hollandaise.	Cauliflower with hollandaise sauce.
Blanc-manger au café.	Coffee blanc-mange.

Trout and anchovy butter.

Boil the trout in court-bouillon (see 18th of April), and serve with anchovy butter in a sauceboat.

Anchovy butter.

Clean and bone your anchovies and pound them in a mortar with double their quantity of fresh butter; if required for sauce stir in some warm reduced stock, and mix in a saucepan until quite hot.

Breast and neck of lamb with asparagus heads.

Tie a string round the breast, and braise it (see 28th of May); when cooked remove all bones and place between two dishes with a heavy weight on them to press down the meat; when cold cut into pieces the shape of a cutlet, stick a small bone into each piece so as to give the appearance of a cutlet bone, dip into German sauce (see 2nd of April), egg and bread-crumb them twice over, and fry in melted butter. Cut up the neck into cutlets, and toss them in a saucepan with some fresh butter; when done, arrange the pieces of breast and cutlets alternately round an entrée dish and garnish the centre with asparagus heads cooked in béchamel sauce (see 18th of August).

Bread panada.

Boil a piece of stale crumb of bread in either stock or water; when done, press between two plates or wring in a cloth, warm in a saucepan with a little fresh butter, salt, pepper, chopped parsley, and four or five yolks of egg, stir until thoroughly mixed, pour into a dish, and place before the fire until quite dry.

APRIL 6.

Potage Faubonne.	Faubonne soup.
Mulet grillé.	Broiled grey mullet.
Gigot de mouton braisé garni de rissoles.	Braised leg of mutton with rissoles.
Vanneaux bardés rôtis.	Roast lapwing.
Carottes glacées.	Glazed carrots.
Tartelettes aux cerises.	Cherry tartlets.

Broiled grey mullet.

Scale and clean the mullet and put it to soak for half an hour in olive oil, seasoned with slices of onion, parsley, salt, and pepper. Broil the fish over a slow fire, and serve with maître d'hôtel sauce (see 23rd of March), or green sauce.

Green sauce.

Boil some slices of ham and veal in equal quantities of stock and white wine; when cooked, simmer over a slow fire until the sauce is reduced, and pass through a tammy. Pound some fresh mixed herbs in the mortar, squeeze out the juice through a cloth on to the sauce, season with salt, pepper, and lemon juice, and thicken with yolks of egg.

Glazed carrots.

Peel some young carrots all to the same size and shape, blanch them in boiling water, drain, and warm in a saucepan with fresh butter, a pinch of powdered sugar and stock, when boiled make a larger fire, and leave the saucepan on it until the sauce is reduced to a glaze.

Forcemeat.

Take equal quantities of breast of chicken, dry bread panada made with stock and calf's udder, pound them separately, after which mix them together and pound again, thicken with yolks of egg, and season with salt, pepper, and a pinch of nutmeg. This forcemeat is generally used with baked fish and vegetables.

APRIL 7.

Potage à l'oseille.	Sorrel soup.
Maquereaux à la maître d'hôtel.	Mackerel à la maître d'hôtel
Bifteck garni de pommes de terre.	Steak and potatoes.
Terrine de foie gras.	Pâté de foie gras.
Morilles à l'italienne.	Morels à l'italienne.
Gâteau d'amandes.	Almond cake.

Steak and potatoes.

The undercut of the sirloin is the best part of beef from which to cut your steaks; cut up into pieces three inches thick, and beat until an inch flatter, sprinkle with salt and pepper, broil over a quick fire, turn when half done, and take off the gridiron directly the gravy begins to drop. Serve the steaks on a very hot dish, with a lump of fresh butter placed on each one. Garnish with fried potatoes. Maître d'hôtel butter, anchovy butter, pickled cabbage, gherkins, olives, pickled watercress, or Madeira sauce can be handed with this dish.

Morels à l'Italienne.

Blanch your morels and warm them in a little fresh butter, seasoned with chopped parsley, salt, pepper, and a pinch of grated nutmeg, add a tumblerful of white wine, and simmer for half an hour; when cooked, add some stock, thickened with browning, the juice of half a lemon, and a lump of chicken glaze (see 27th of March) the size of a walnut. Dish up, garnished with small round sippets of fried bread.

APRIL 8.

Potage de riz au gras.	Brunoise soup with rice.
Raie à la Sainte-Menehould.	Skate à la Sainte-Menehould.
Ragoût de veau à la bourgeoise.	Stewed veal à la bourgeoise.
Rouges de rivière bardés rôtis.	Roast shovellers.
Salsifis frits.	Fried salsifis.
Tarte aux fraises.	Strawberry tartlets.

Skate à la Sainté Menehould.

Take some milk, a lump of fresh butter, and a little flour, season with parsley, a bouquet of mixed herbs, slices of onion, a head of garlic, and two large pinches of mixed spice, stir in a saucepan until it boils; add your slices of skate, and leave until cooked; drain the fish, dip each slice into melted butter, and bread-crumb, repeat this, and broil over a slow fire. Dish up on remoulade sauce (see 23rd of October).

Stewed veal.

Stir a lump of butter and a little flour in a saucepan until brown; if a white stew is required do not allow the butter to brown; cut your veal into pieces, and warm in the melted butter; when the meat is firm, add a little warm water; season with young onions, salt, pepper, thyme, laurel-leaves, button mushrooms, morels, young carrots, and peas; when thoroughly cooked, serve very hot. If a white stew, thicken the sauce with yolks of egg before dishing up.

Stewed oysters.

Cook the same as stewed veal (see above).

APRIL 9.

Potage aux quenelles de volaille.	Clear soup with quenelles of chicken.
Pièce de bœuf sauce Robert.	Boiled beef, Robert sauce.
Ris de veau frits.	Fried sweet-breads.
Poularde rôtie.	Roast pullet.
Asperges en branches.	Asparagus.
Gâteau de riz.	Rice cake.

Clear soup with quenelles of chicken.

Prepare some chicken forcemeat (see 3rd of September), shape it into quenelles in a teaspoon, and poach them in the required quantity of clear stock, which must be boiling, and serve.

Fried sweet-breads.

Trim and blanch your sweet-breads, and dip them into lukewarm stock, to which you have added melted butter, chopped herbs, eschalots, and chives, the juice of a lemon, salt and pepper; drain the sweet-breads, dip them into batter (see 13th of November), and fry until a golden colour. Serve with tomato sauce (see 6th of January), and garnish with fried parsley.

Rice cake.

Wash five ounces of rice, and cook in milk; when thoroughly boiled and swollen, pour into a dish, and leave until cold. Take a pint of flour, a pinch of salt, four eggs, half a pound of butter, and mix together, pound them in a mortar with the cold rice, pour into a plain buttered mould, and bake for an hour; when done, turn out of the mould, cover with whipped whites of egg, and brown in the oven.

APRIL 10.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage à l'oignon.	Onion soup.
Matelote d'anguille et de carpe.	Stewed carp and eel.
Œufs brouillés aux pointes d'asperges.	Buttered eggs with asparagus heads.
Écrivisses en buisson.	Crayfish.
Morilles à l'Andalouse.	Morels à l'Andalouse.
Kluskis au fromage à la crème.	Kluskis of cream cheese.

Morels à l'Andalouse.

Brown some dice of ham in olive oil, and when a good colour add your morels; moisten with a tumblerful of sherry, a wine-glass of Madeira, season with salt, pepper, a teaspoonful of powdered capsicum, a pinch of grated nutmeg, and some chopped parsley. Cook for three quarters of an hour, and before serving thicken the sauce with brown thickening, and flavour with lemon juice.

Kluskis of cream cheese.

Take half a pound of fresh butter, six eggs, six table-spoonsful of cream cheese, a pinch of powdered sugar and salt, and sufficient grated bread-crumb and cream to make a paste, mix well together, and roll into the shape of rissoles, poach in boiling salt and water, drain them, and serve, covered with black butter sauce (see 14th of October).

Poivrade sauce.

Take a tumblerful of vinegar, a little fresh butter, a tea-spoonful of chopped chives, a pinch of chopped herbs, thyme, laurel-leaves, salt, and black pepper, reduce in a saucepan, add some meat glaze and a little stock, stir over the fire until quite thick, and pass through a tammy.

APRIL 11.

Potage printanier aux œufs pochés.	Spring soup with poached eggs.
Quartier de pré-salé à la bretonne.	Forequarter of South-down mutton à la bretonne.
Ailerons de dinde à la chicorée.	Turkey pinions with purée of chicory.
Pâté de saumon.	Salmon pie.
Salade de légumes.	Vegetable salad.
Baba au rhum.	Baba or rum cake.

Salmon pie.

Pound one pound of cold boiled pike or whiting, and pass through a coarse sieve; take three quarters of a pound of butter and a quarter of a pound of very dry bread-crumb, season with salt and pepper, pound in the mortar, and when quite smooth, add it to the pounded fish with a whole egg and three yolks of egg, stir well together, and poach this forcemeat in boiling stock. Cut a piece of salmon, weighing about two pounds, into slices an inch thick, skin, and bone them. Line a plain mould with paste, made with equal quantities of flour and butter, and fill it with alternate layers of forcemeat and salmon; when nearly full, cover with a leaf of paste, moisten the edges so that it may fit closely, and lay a thick layer of hot water paste over it all, make a hole about the size of a shilling in the paste, and bake for an hour and a half.

Turkey pinions with purée of chicory.

Prepare the same as turkey pinions (see 4th of October), but serve with a purée of chicory.

APRIL 12.

Potage aux pâtes d'Italie.	Clear soup with Italian paste.
Morue au gratin.	Baked salt cod with bread-crumbs.
Gigot de sept heures.	Stewed leg of mutton.
Bécassines rôties.	Roast snipe.
Epinards nouveaux à la crème.	Young spinach with cream.
Tourte aux fraises.	Strawberry tart.

Baked salt cod with bread-crumbs.

Soak some salt cod for a few hours and boil it, remove all bones and break it into pieces. Warm some fresh butter, flour, salt, black pepper, a pinch of grated nutmeg, and cream in a saucepan, stir with a wooden spoon until it boils; place the pieces of cod in a deep dish, and pour the hot sauce over them; when cold; pile up the fish in a pyramid on a tin or plated dish, smooth over with a warm knife, and sprinkle with bread-crumbs and grated Parmesan or Gruyère cheese; moisten thoroughly with melted butter, bread-crumb again, and sprinkle a little more melted butter over it; place the dish in a moderate oven until sufficiently browned. Serve, garnished with fried bread.

Stewed leg of mutton.

Bone a leg of mutton, and brown it in a stew-pan with some fresh butter; when a good colour, add a little water, three heads of garlic, four or five onions, two carrots, salt, and pepper; simmer for seven hours, when it will be sufficiently cooked. Place the mutton on a dish, clear the sauce of all grease, thicken it with potato flour, and pour over the leg. Hand either a pureé of chicory, haricot beans, or chestnuts in a separate dish.

APRIL 13.

Purée de pommes de terre à la chiffonnade de cerfeuil.	Purée of potatoes with chervil-leaves.
Accolade d'anguilles à la broche.	Brace of eels roasted.
Tourne-dos, sauce poivrade.	Fillets of beef with poivrade sauce.
Quartier de devant d'agneau rôti.	Roast forequarter of lamb.
Pommes de terre frites.	Fried potatoes.
Charlotte russe.	Charlotte russe.

Brace of eels roasted.

Choose two eels of the same size, cut off the heads and tails, skewer them together back to back, so arranged that the head of one is skewered to the other one's tail, place them in a deep dish or fish-pan, with a pint of white wine, some well flavoured stock, and bake in a moderate oven for half-an-hour; strain them, and wrap in a large sheet of buttered paper, roast for twenty minutes, and dish up; make some sauce by reducing the liquor in which the eels were boiled to a glaze, stir in a tumblerful of sherry, season with salt, pepper, and a pinch of grated nutmeg, and pour over the eels. Serve very hot.

Roast forequarter of lamb.

Cover the lamb with slices of bacon, and wrap it up in sheets of buttered paper, roast, and when sufficiently cooked, take off the spit, raise the shoulder from the neck with a knife and fill the cavity with maître d'hôtel butter (see 23rd of March), and serve with its own gravy.

APRIL 14.

Potage au macaroni.	Maccaroni soup.
Grenadins de filets de soles.	Larded fillets of sole with forcemeat.
Pigeons aux petits pois.	Stewed pigeons and green peas.
Filet de bœuf rôti, sauce Madère.	Roast fillet of beef with Madeira sauce.
Asperges au beurre.	Asparagus.
Omelette soufflée.	Omelet soufflé.

Larded fillets of sole with forcemeat.

Line a saucepan with slices of bacon, put a large truffle in the centre, lard some fillets of sole and lay them in rays, starting from the truffle, place two fillets of mullet in the space between each fillet of sole, dividing them with half a fillet of sole larded with truffles; garnish round with small shelled crayfish, spread a layer of forcemeat (see 3rd of September) about an inch thick over the fillets, be careful not to leave any interstices, and fill up the saucepan with mincemeat (see 28th of August); cover the whole with hot water paste, and bake in the oven; when done, turn out of the saucepan on to the drainer, remove the slices of bacon, glaze with meat glaze, and serve. Hand some Spanish sauce (see 3rd of November), with a little glaze added to it, in a sauceboat.

Roast fillet of beef with Madeira sauce.

Trim your fillet, lard, and soak it in oil for four hours, seasoned with slices of onion, parsley, salt, and pepper. Wrap it up in buttered paper, and roast; remove the paper five minutes before taking off the spit. Fifty minutes is the usual time for roasting a fillet weighing about five pounds. Hand Madeira sauce (see 19th of August) separately.

APRIL 15.

Potage au vermicelle maigre.	White vermicelli soup for fast day.
Rougets barbets sauce tartare.	Red mullet with tartare sauce.
Côtelettes de veau à la milanaise.	Veal cutlets à la milanaise.
Canard rôti.	Roast duck.
Petits pois à l'anglaise.	Green peas à l'anglaise.
Meringue à la crème.	Meringues with cream.

Red mullet with tartare sauce.

Prepare and cook your mullet the same as on the 20th of January, but do not wrap them in paper cases. Serve with tartare sauce (see 15th of March).

Veal cutlets à la Milanaise.

Cut your cutlets half an inch thick and beat them as flat as possible without breaking the bone, rub them over with salt and pepper, dip into melted butter, sprinkle with grated Parmesan cheese, and egg and bread-crumb them, if not sufficiently covered, egg and bread-crumb a second time ; fry the cutlets in fresh butter, and drain them. Serve with either maître d'hôtel butter or tomato sauce, and garnish with a lemon cut into slices.

Green peas à l'Anglaise.

Boil your peas in boiling salt and water, season with an onion and a bouquet of parsley, when done, remove the onion and parsley, drain, and pour on to a lump of fresh butter, sprinkle with chopped parsley, and serve very hot. Hand some powdered sugar separately.

APRIL 16.

Potage au pain.	Bread soup.
Bœuf bouilli sauce Robert.	Boiled beef, Robert sauce.
Vol-au-vent de quenelles.	Vol-au-vent of quenelles.
Poulet rôti.	Roast fowl.
Épinards au jus.	Stewed spinach.
Gâteau de plomb.	Lead cake.

Lead cake.

Take two quarts of flour, make a well in the centre, and fill it with one ounce of salt, two and a half ounces of sugar, two pounds of butter, and twelve eggs, mix well together and roll out the paste three times, if too thick add a little milk; leave the paste on a wooden slab for half an hour, then add half a pound of butter, roll it out four times and fold into a thick cake, cut out the edges with a tin cutter, prick the top of the cake, egg over with whipped yolks of egg, and bake for an hour and a half.

Brown thickening.

Brown thickening is the foundation of nearly all brown sauces, and is prepared in the following manner: Take one pound of fresh butter, melt it in a saucepan, skim it, and when clarified, stir in a pound of flour, moisten with either water or stock, and stir with a wooden spoon until brown, when it will be ready for use.

White thickening.

Prepare the same as brown thickening, but do not leave on the fire long enough to become brown, as this thickening is chiefly used for white sauces.

APRIL 17.

Potage paysanne.	Peasant soup.
Anguille aux montants de laitue romaine.	Fricassée of eel and lettuce.
Oreilles de porc à la lyonnaise.	Pigs ears à la lyonnaise.
Rosbif rôti.	Roast beef.
Haricots verts à la poulette.	French beans with white sauce.
Flan de poires.	Open pear tart.

Pig's ears à la Lyonnaise.

Singe the pig's ears, scrape, clean, and cut them into strips, simmer in stock, seasoned with fried slices of onion, pepper, salt, and a little flour; when cooked, add the juice of a lemon, and serve, garnished with fried sippets of bread.

French beans with white sauce.

Cut up your french beans, soak them in cold water, and boil in boiling salt and water; when done, plunge them into cold water and drain. Warm some chopped onions in fresh butter, but do not brown them; when nearly cooked, stir in a little flour, salt, pepper, chopped parsley, chives, and a wine-glassful of stock, add the beans, and when boiling thicken the sauce with yolks of egg, and flavour with lemon juice. Do not let the sauce be too thin.

Asparagus with butter sauce.

Boil your asparagus in salt and water, and serve with butter sauce (see 22nd of January).

APRIL 18.

Potage purée de pois au riz.	Purée of peas with rice.
Brochet au court-bouillon.	Pike boiled in court-bouillon.
Épaule d'agneau glacée.	Glazed shoulder of lamb.
Pintade rôtie.	Roast guinea fowl.
Pommes de terre sautées.	Fried potatoes.
Confitures de cerises.	Compote of cherries.

Court-bouillon, or white wine sauce.

This sauce is so useful that it always ought to be at hand in every kitchen, and whenever any is taken out of the bowl in which it is kept, it must be replaced by the same quantity of white wine. Fill a fish-pan nearly to the brim with white wine, a wine-glassful of brandy, the same quantity of sherry, and season with salt, pepper, two heads of cloves, a head of garlic, sliced onions, carrots, turnips, parsnips, celery, chervil, parsley, laurel-leaves, thyme, and a lump of lard or fresh butter, if for fast days use olive oil; boil over a quick fire until reduced a third; if the wine catches fire, it will greatly improve the flavour of the sauce. When used for cooking fish or crayfish, see that the court-bouillon is boiling before putting them in, and have sufficient quantity to cover the fish thoroughly. A cheaper manner of preparing the sauce is by using equal quantities of vinegar and water instead of white wine, and by omitting some of the vegetables.

Glazed shoulder of lamb.

Bone your shoulder, lard the top part of it, and skewer into any shape preferred. Cook the same as fricandeau of veal (see 11th of May), reduce the sauce in which it has been braised, and glaze the shoulder with it.

APRIL 19

Potage à la purée de poireaux.	Purée of leeks.
Brandade de morue.	Cream of salt cod.
Cotelettes de mouton à la jardinière.	Mutton cutlets à la jardinière.
Poulet rôti.	Roast chicken.
Macaroni au gratin.	Maccaroni cheese.
Epinards au sucre.	Sweet spinach.

Cream of salt cod.

Soak a nice piece of salt cod for twenty-four hours in fresh water, boil it in cold water, and when done, skin and bone it carefully, break into small pieces, and warm in melted butter, a little olive oil, chopped garlic and parsley, stir with a wooden spoon until it becomes a thick cream, moistening from time to time with either olive oil, butter, or milk. Unless great care is taken to stir the whole time, the fish will not dissolve as it ought.

Mutton cutlets à la jardinière.

Trim your cutlets, cover them with slices of bacon, and cook them in a stew-pan with a little stock. When done, take out the cutlets, and boil some bottoms of artichokes, salsifis, carrots, and turnips in the same stock, and leave on the fire to simmer until the vegetables have absorbed all the gravy; clear off all grease, and pour the vegetables over the cutlets, which have been kept hot.

APRIL 20.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage à la purée de navets.	Purée of turnips.
Raie au beurre noir.	Skate with black butter sauce.
Vol-au-vent de légumes.	Vol-au-vent of vegetables.
Goujons frits.	Fried gudgeon.
Haricots verts à l'anglaise.	French beans à l'anglaise.
Pommes en croustade.	Open apple tart.

Salt cod with black butter sauce.

Soak your cod for twenty-four hours in fresh water, boil in cold water. When done, place on a dish, cover with black butter sauce, and garnish with fresh parsley.

French beans à l'Anglaise.

Cut up your beans, boil them in salt and water, drain, and pour into a vegetable dish, on to a large lump of fresh butter, sprinkle with chopped parsley, and serve very hot.

Open apple tart.

Line a plain mould with short paste, brush some yolk of egg over it, and bake until a golden colour, turn it out, and fill the case half full of apple marmalade (see 31st of January), place some whole stewed apples on it, garnish them with apricot jam and dried cherries, surround the tart with pieces of apple jelly and apricot jam, and serve.

APRIL 21.

Potage croûte au pot.	Soup with bread-crusts.
Jambon à la broche aux épinards.	Roast ham and spinach.
Salmis de cuisses de canetons.	Salmis of duck's thighs.
Anguille rôtie à la sauce verte.	Roast eel with green sauce.
Asperges en branches.	Asparagus.
Pouding à la d'Orléans.	Orleans pudding.

Roast ham.

Soak the ham for twelve hours in water; place it in a deep dish or earthenware pan, and soak for twenty-four hours in white wine, seasoned with sliced onions, carrots, parsley, laurel-leaves, and thyme; cover the pan with a cloth, and press on the lid very tight to prevent the air getting in. Roast the ham, baste with the wine in which it was soaked. When sufficiently done, dish it up on a purée of spinach.

Salmis of duck's thighs.

The thighs or insides of the legs of ducks are considered the most delicate part of the bird, and even in great kitchens they are kept from ducks served the previous day, and made into a salmis. Cut off the insides of the legs, and put them on one side, pull the remainder of the duck into shreds, and boil in equal quantities of claret and stock, season with salt, pepper, eschalots, and parsley, reduce and simmer, until the sauce is quite thick, pass through a tammy, and warm the thighs in this sauce, take off the fire before it boils; dish up in a pyramid, cover with the sauce, squeeze a little lemon juice over it, and garnish with fried sippets of bread.

APRIL 22.

Potage au macaroni.	Maccaroni soup.
Poulet au gros sel.	Boiled chicken.
Soles en turban.	Baked fillets of sole, turban fashion.
Gigot rôti.	Roast leg of mutton.
Haricots à la bretonne.	Haricot beans à la bretonne.
Gâteaux à la crème.	Cream pastry.

Baked fillets of sole, turban fashion.

Cut a piece of crumb of bread into the shape of a small sugar-loaf, place in the centre of a tin dish with the narrowest part downwards; cover with slices of bacon, spread a layer of forcemeat over them, and stick on the fillets of sole in such a way as to form the shape of a turban, garnish with small rounds of truffles, moisten with melted butter, flavour with lemon juice, cover with slices of bacon and a buttered sheet of paper; bake, and when done, remove the paper, slices of bacon, and the piece of bread from the centre, and fill the hole with tomato sauce.

Cream pastry.

Take two pints of flour and stir in a tumblerful of double cream and a pinch of salt; when mixed, roll out the paste and leave for half an hour; add half a pound of butter, roll five times, and cut out into any shape you please; glaze with beaten yolks of egg, and bake.

Butter biscuits.

These biscuits are made the same as cream cake.

APRIL 23.

Potage au pain.	Bread soup.
Culotte de bœuf garnie de croquettes.	Rump-steak with croquettes.
Poulets à la d'Escars.	Chicken à la d'Escars.
Éperlans frits.	Fried smelts.
Oseille en purée.	Purée of sorrel.
Pommes meringuées.	Meringue of apple.

Chicken à la d'Escars.

Truss your chicken for boiling, lard the breasts and place in a stew-pan lined with slices of bacon, add a slice of ham, an onion stuck with cloves, a bouquet of mixed herbs, and some slices of carrot; moisten with a large wine-glassful of stock and the same quantity of sherry; cover the whole with slices of bacon, and cook over a moderate fire with hot coals on the lid of the saucepan so as to brown and glaze the bacon. When the chicken is sufficiently done, drain it; pass the sauce through a tammy, skim off all grease, reduce it, stir in a little brown thickening, and pour over the chicken.

Purée of sorrel.

Chop up some sorrel, lettuce, and a few chervil-leaves with a little white beet, stir over the fire in a saucepan until thoroughly dissolved without the addition of any liquid, when done, add a lump of fresh butter, salt, and pepper, thicken with yolks of egg and cream, and serve.

Roast calf's kidney.

Cook the same as roast fillet of veal (see 16th of June).

APRIL 24.

Potage au tapioca.	Tapioca soup.
Maquereaux à la maître d'hôtel.	Mackerel à la maître d'hôtel.
Poularde au gros sel.	Boiled fowl.
Foie de veau rôti.	Roast calf's liver.
Patates au beurre.	Sweet potatoes with butter.
Gâteau feuilleté.	Light pastry.

Roast calf's liver.

Choose a fine white calf's liver, lard it with thick fillets of bacon, sprinkle with chopped garlic, herbs, and mixed spice, and cover with a thick layer of lard; roast before a moderate fire; when cooked, skim all grease off the dripping, flavour with lemon-juice, and pour over the liver. Another way of cooking calf's liver is to roast it, without larding; pour piquante sauce, flavoured with chopped capers or gherkins over it.

Light pastry.

Make a soft paste, with one pound of flour, water, and a pinch of salt, leave for half an hour; roll it out, spread some fresh butter over it, fold and roll out again, repeat this three or four times; cut out in any shape you fancy, and bake in a quick oven.

Sweet potatoes with butter.

Steam the sweet potatoes, when cooked, peel and slice them. Warm in a saucepan with a little fresh butter and salt.

APRIL 25.

Potage au pain.	Bread soup.
Pièce de bœuf bouilli, garnie à la flamande.	Boiled beef à la flamande.
Ailerons de dindon à la Sainte-Menehould.	Turkey pinions à la Sainte-Menehould.
Homard au court-bouillon.	Lobster boiled in court-bouillon.
Purée de pommes de terre au gratin.	Baked purée of potatoes with bread-crumbs.
Brioches aux fruits.	Brioche with stewed fruits.

Turkey pinions à la Sainte-Menehould.

Boil eight or ten turkey pinions in equal quantities of stock and white wine, season with salt, pepper, a bouquet of mixed herbs, and a pinch of grated nutmeg, leave on the fire until the sauce sticks to the pinions, place in a dish, cover with the sauce, and when cold dip them into olive oil, sprinkle with bread-crumbs and broil, when a good colour, dish up; squeeze a little lemon juice over them, and serve.

Lobster boiled in court-bouillon.

Boil your lobster in court-bouillon (see 18th of April), add a lump of fresh butter, parsley, a chili pepper, two or three leeks, salt, and a tablespoonful of vinegar; leave on the fire for twenty-five minutes. When cold, serve the lobster with the following sauce.

Lobster sauce.

Scoop out the body of the lobster, and stir in a bowl with the spawn, some olive oil, a teaspoonful of mustard, a pinch of chopped herbs, two pounded eschalots, a little white pepper, ten or twelve drops of Soy sauce, a small liqueur glass of anisette, and the juice of two or three lemons; when thoroughly mixed the sauce will be ready for use.

APRIL 26.

Potage de riz à la purée d'oseille.	Purée of sorrel with rice.
Rougets barbets en caisse.	Red mullet in cases.
Tendrons de veau aux pointes d'asperges.	Tendons of veal with asparagus.
Accolade de lapereaux.	Roast brace of young rabbits.
Pommes de terre nouvelles à la crème.	New potatoes boiled in cream.
Cougloff à l'allemande.	Cougloff, or German cake.

Braised rump-steak.

Prepare the same as braised ribs of beef (see 22nd of January).

Roast brace of young rabbits.

Skin, singe, and clean out your rabbits, leave the livers, lard the backs and thighs, skewer them together, and roast; serve, covered with Italian sauce.

New potatoes boiled in cream.

Stir a lump of fresh butter, a tablespoonful of flour, some chopped chives and parsley, salt, pepper, and a pinch of grated nutmeg in a saucepan, add sufficient cream in which to warm the potatoes, when it boils, add the potatoes, which have been previously boiled and sliced, warm in the sauce, and serve very hot.

Cougloff, or German cake.

Dissolve a lump of German yeast the size of two eggs, and half an ounce of salt, in half a tumblerful of warm water, stir it into one pound of flour, add four eggs, half a pound of stoned raisins, two ounces of currants, four ounces of powdered sugar, and a little warm milk; when well mixed, roll into a ball, wrap up in a cloth sprinkled with flour, and place in an earthenware pan near the fire; if cold, cover with a blanket, and turn the paste occasionally; leave to rise about the same time as you would bread. When ready for use, roll out the ball of paste on a wooden slab, glaze it with yolk of egg, and bake. This is a most delicious cake.

APRIL 27.

Potage printanier.	Spring soup.
Carpes à l'étuvée.	Stewed carp.
Poulardes à l'estragon.	Pullets with tarragon.
Rosbif rôti.	Roast beef.
Oignons farcis.	Stuffed onions.
Blanc-manger au café.	Coffee blanc-mange.

Stuffed onions.

Pick out some large onions, peel, blanch, and drain them, scoop out the centres and fill with forcemeat (see 3rd of September), place them at the bottom of a large stew-pan, cover with slices of bacon, sprinkle with salt and sugar, and cook over a quick fire; when done, remove the onions, reduce the sauce, and pour over them.

Bacon omelet.

Mince half a pound of lean bacon very fine and fry in either butter or lard; have the required number of eggs ready beaten and seasoned with salt and pepper, add to the bacon, and when the omelet is cooked, serve with piquante sauce.

Coffee blanc-mange.

Toast a quarter of a pound of coffee-berries, grind, and put them in a tumblerful of boiling water, leave until the grounds have settled at the bottom of the tumbler, pour the clear coffee into a bowl, and add half a pound of sugar and half an ounce of dissolved gelatine. Pound one pound of sweet almonds in a mortar, add three tumblersful of water, and squeeze the whole through a cloth; pour half of this liquid on to the coffee, and stir the other half into half a pound of sugar and a quarter of an ounce of gelatine, which have been dissolved in a tumblerful of warm water. Place a mould in a pailful of ice and pour in alternate layers of coffee and milk of almonds as they freeze.

APRIL 28.

Potage aux nouilles.	German paste soup.
Cabillaud à la hollandaise.	Cod à la hollandaise.
Poulets à la Marengo.	Chicken à la Marengo.
Pâté froid.	Cold pie.
Pointes d'asperges au jus.	Stewed asparagus heads.
Crème au café.	Coffee cream.

Cold pies and how to make them.

There are a variety of cold pies, such as veal and ham, chicken, fish, game, or foie gras. Line a mould with short paste and spread a thick layer of either meat, game, or fish forcemeat, fill up the mould with whatever meat or fish you intend using, press it down firmly, sprinkle with salt and pepper, and cover with a thick pie-crust; make a hole in the centre, put in a small roll of paper to keep it open, and glaze with whipped white and yolk of egg. Bake the pie, and when done, keep until cold. Fill up the hole in the paste with a lump of uncooked flour and water until time to serve.

Stewed asparagus heads.

Melt some fat of bacon, season with white pepper, a pinch of grated nutmeg, salt, chopped parsley and chervil; add your asparagus heads, moisten with stock, and when cooked, stir in a little beef gravy, and serve.

APRIL 29.

Potage printanier.	Spring soup.
Maquereaux bouillis ou à l'eau de sel.	Boiled mackerel.
Marinade de cervelles.	Calf's brain fritters.
Filet de bœuf rôti.	Roast fillet of beef.
Macaroni à l'italienne.	Maccaroni à l'italienne.
Crème fouettée de fraises et de framboises.	Whipped strawberry and raspberry cream.

Boiled mackerel.

Clean out your fish, leave the livers, and cut several slits crossways down the sides, tie up the heads with string, and boil in strong salt and water, seasoned with pepper, parsley, and an onion; when cooked, drain, and serve with either mussel or caper sauce.

Whipped strawberry and raspberry cream.

Whip two pints of double cream, and put all the froth in a fine hair sieve. Crush a pound of mixed strawberries and raspberries through a sieve, sweeten the juice with powdered sugar, mix the cream and juice together, whip, and serve.

Shrimp sauce.

Take equal quantities of butter sauce (see 22nd of January), and white poivrade sauce (see 21st of March), warm in a saucepan with a little shrimp butter, a few drops of essence of anchovy, and some peeled shrimps. Serve very hot.

Shrimp butter.

Prepare the same as lobster butter (see 19th of February).

APRIL 30.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Julienne maigre.	Julienne soup for fast day.
Barbeau grillé.	Broiled barbel.
Œufs à la tripe.	Eggs à la tripe.
Brochets à l'huile.	Pike pickled in oil.
Navets à la poulette.	Turnips with white sauce.
Soufflé aux amandes (chaud).	Hot almond soufflé.

Broiled barbel.

Cut some deep slits down the side of the barbel, and fill them with fresh butter and salt, broil the fish and serve either with anchovy sauce, or green sauce, flavoured with salt, pepper, essence of anchovy, garlic, and chopped olives.

Eggs à la tripe.

Warm some slices of onion in fresh butter until quite soft, but do not let them brown, stir in a teaspoonful of flour, salt, pepper, a pinch of grated nutmeg, and the necessary quantity of cream, in which to cook your eggs, reduce until quite thick, warm some sliced hard-boiled eggs in the sauce, and take off the fire before they boil.

Turnips stewed in white sauce.

Cut up some young turnips into small balls, blanch and boil them in white thickening, moisten with a little stock, boil until the sauce is reduced, sprinkle with powdered sugar, add a little fresh butter, and just before serving thicken with yolks of egg.

MAY 1.

Potage à la purée de pois verts.	Purée of green peas.
Barbue aux fines herbes.	Brill stewed with mixed herbs.
Poulets à la diable.	Devilled chicken.
Cochon de lait rôti.	Roast sucking-pig.
Carottes nouvelles à la sauce blanche.	Young carrots stewed in white sauce.
Gâteau fourré.	Open jam tart.

Roast sucking-pig.

Scald, scrape, singe, and clean out your sucking-pig ; stuff it with fresh butter seasoned with chopped herbs, salt and pepper ; soak for half an hour in cold water, drain, dry in a cloth, roast it, and baste with olive oil. Hand piquante sauce separately. Another stuffing used for roast sucking-pig is to chop up the liver, with bacon, mushrooms, capers, mixed herbs, salt and pepper, warmed in butter.

Hot pies.

Line a plain mould with short paste, fill the centre with dry flour, cover with a layer of the same paste ; bake, and when done, take off the cover, remove the dry flour, turn out of the mould and fill the case with whatever stewed meat or game you have prepared, replace the cover, warm in the oven, and serve.

Sucking-pig pie.

This pie must be served cold. See cold pies (28th of April).

MAY 2.

Potage Faubonne.	Faubonne soup.
Perche grillée.	Broiled perch.
Lapin en gibelotte.	Stewed eel and rabbit.
Rognon de veau rôti.	Roast calf's kidney.
Petits pois au jus.	Stewed green peas.
Tartlettes aux fraises.	Strawberry tartlets.

Stewed eel and rabbit.

Cut a rabbit and a small eel into pieces, warm in brown thickening seasoned with young onions and mushrooms; when a good colour, add a little white wine, double the quantity of stock, salt, pepper, thyme, parsley, and chives; take out the pieces of eel and the onions, cook the rabbit over a quick fire until the sauce is reduced two-thirds; add the eel and onions, simmer until done, clear the sauce of all grease, and serve. Some people prefer to use the bottoms of artichokes instead of eel. Garnish with fried sippets of bread.

Omelet.

Break your eggs into a bowl, add salt, pepper, a little water, and some small lumps of butter, beat for one or two minutes; melt a piece of butter in a frying-pan, do not let it brown, pour in the eggs, keep shaking the frying-pan so that the omelet does not burn; when nearly done place a lump of butter on it, fold, and serve very hot.

MAY 3.

Potage à la semoule.	Semolina soup.
Truites à la hussarde.	Trout à la hussarde.
Poulet rôti.	Roast chicken.
Côtelettes de mouton à la purée de champignons.	Mutton cutlets with purée of mushrooms.
Petits pois nouveaux à l'anglaise.	Green peas à l'anglaise.
Omelette aux confitures.	Sweet omelet with jam.

Trout à la hussarde.

Clean out your trout, and stuff with butter and chopped herbs, soak for an hour in olive oil, and broil them. Hand poivrade sauceboat.

Rabbits à la Vénitienne.

Cut up a rabbit, lard all the large joints, braise in a stew-pan with some slices of veal, a tumblerful of white wine, half a tumblerful of olive oil, four heads of garlic, salt and pepper. Place the lid on the stew-pan, and cook over a moderate fire; when done, dish up the pieces of rabbit in a pyramid; pass the sauce through a tammy and pour over them.

Caper sauce.

Mix a quarter of a pound of butter, the same quantity of flour, a tumblerful of water, salt and pepper in a saucepan, when boiling take off the fire, stir in half a pound of butter; put some capers in a sauceboat, and pour the sauce over them. Make this sauce just before serving, and do not let it get too thick.

MAY 4.

Potage paysanne.	Peasant soup.
Pièce de bœuf bouillie garnie à la forêt de Sénart.	Boiled beef à la forêt de Sénart.
Poulets à la sauce tomates.	Braised fowls with tomato sauce.
Quartier de pré-salé rôti.	Roast shoulder of mutton.
Pommes de terre à la parisienne.	Potatoes à la parisienne.
Meringues aux fraises.	Strawberry meringues.

Garnish à la forêt de Sénart.

Tie up some large branches of parsley into bunches and fry in butter, place them as close as possible round your joint of boiled beef, so as to give the appearance of a forest.

Braised fowls with tomato sauce.

Pluck and draw your fowls, remove the breast-bones and stuff them with melted butter seasoned with salt, pepper, and lemon juice. Line a braising-pan with slices of bacon, lay slices of lemon on the breasts of the fowls, place them in the pan, and cover the whole with slices of bacon, braise for three quarters of an hour with hot coals on the lid; when cooked, dry the fowls in a cloth, remove the slices of lemon, and serve on tomato sauce.

Potatoes à la Parisienne.

Chop up some onions very fine, and brown in equal quantities of butter and lard; when a good colour, moisten with either water or stock, add your potatoes, season with a bouquet of herbs, salt and pepper. When cooked serve very hot.

Choux, or light batter-cakes.

Prepare the same as nun's sighs (see 10th of March), but serve cold, filled with cream.

MAY 5.

Potage aux pâtes d'Italie avec Parmesan.	Soup with Italian paste and Parmesan cheese.
Filets de grondins en turban.	Fillets of gurnet, turban fashion.
Ris de veau en fricandeau.	Fricandeau of sweet-breads.
Filet de porc piqué rôti.	Roast fillet of pork larded.
Petits pois à l'anglaise.	Green peas à l'anglaise.
Madeleines.	Madeleine cakes.

Fricandeau of sweet-breads.

Trim, drain, and blanch your sweet-breads, lard with well-flavoured bacon, and braise (see 28th of May) for three quarters of an hour. Pass the sauce through a tammy, reduce, add a pinch of powdered sugar, glaze the tops of the sweet-breads with it, and serve on a purée of either sorrel, tomato, chestnuts, or mushrooms; or, better still, with some stewed cucumbers on a purée of either spinach or chicory.

Madeleine cakes.

Take eleven ounces of powdered sugar, half a pound of flour, six whole eggs, four yolks, two tablespoonsful of brandy, a pinch of salt, and the grated peel of a lemon, stir until thoroughly mixed; dip thirty-two small moulds into three quarters of a pound of melted butter, add whatever butter remains to the paste, stir in a saucepan until dissolved, pour into the moulds, and bake in a moderate oven.

Fillets of gurnet, turban fashion.

Prepare the same as fillets of sole, turban fashion (see 22nd of April).

MAY 6.

Potage Condé.	Condé soup.
Barbue sauce hollandaise.	Brill, Hollandaise sauce.
Côtelettes de veau à la Gingarat.	Veal cutlets à la Gingarat.
Canetons rôtis.	Roast ducklings.
Concombres à la demi-glace.	Glazed cucumbers.
Pouding à la d'Orléans.	Orleans pudding.

Veal cutlets à la Gingarat.

Cut up some pickled tongue into narrow strips, scrape a piece of lean bacon, season with white pepper and a pinch of grated nutmeg, warm in a saucepan; when cooked lard your cutlets with the fillets of tongue, toss them in a saucepan with fresh butter, when the meat is firm take off the fire. Line a stew-pan with slices of ham and bacon, add the trimmings of the tongue and the cutlets, cover with bacon and fill up the stew-pan with sliced carrots and onions, moisten with stock, and cook for two hours over a slow fire with hot coals on the lid. When done, drain and glaze the cutlets; pass the sauce through a hair sieve, add a little brown thickening, reduce until half the quantity, and pour over the cutlets.

Roast leg of mutton.

Trim, beat your leg of mutton, and roast it; allow a quarter of an hour for each pound; add a little stock to the dripping, clear of all grease, and hand in a sauceboat, which has been heated in boiling water.

MAY 7.

Consommé aux carottes nouvelles.	Clear soup with slices of young carrots.
Raie à la noisette.	Fillets of skate.
Oreilles de veau aux champignons.	Calf's ears with mushrooms.
Pintades rôties.	Roast guinea-fowl.
Coquilles d'œufs aux huîtres.	Scolloped eggs and oysters.
Tourte à la frangipane.	Frangipane tart.

Fillets of skate.

Boil two fine fillets of skate in salt and water, drain and place on a dish. Blanch and pound the liver of the skate, stir it into butter sauce (see 22nd of January), flavour with a teaspoonful of tarragon vinegar and a pinch of grated nutmeg, and pour over the fillets.

Scolloped eggs and oysters.

Melt some fresh butter, season with salt, pepper, a pinch of grated nutmeg, chopped parsley, chives, and morels; cook four dozen oysters in this sauce, and, when nearly done, add five or six sliced hard-boiled eggs, simmer over a slow fire for a quarter of an hour; pour into scollop shells, sprinkle with grated bread-crust, and brown in the oven.

Frangipane.

An Italian prince called Cæsar Frangipane is said to have given his name to this cream or custard, which is generally used for filling open tarts, dariole cakes, or tartlets. Take two whole eggs and four yolks, stir into sufficient potato flour to make a thick sauce, after which add two pints of milk or cream. Warm over a slow fire, stir until it boils, add a quarter of a pound of melted butter or beef marrow, continue stirring until quite thick, and flavour with vanilla. Cook in a bain-marie.

MAY 8.

Potage aux choux verts.	Spring cabbage soup.
Turbot sauce béchamel.	Turbot, béchamel sauce.
Lapereaux au chasseur.	Young rabbits au chasseur.
Rosbif à l'anglaise.	Roast beef.
Morilles aux croûtons.	Morels on toast.
Crème au chocolat.	Chocolate cream.

Spring cabbage soup.

Prepare the same as cabbage soup (see 25th of February).

Young rabbits au chasseur.

Cut up your rabbits into joints, and warm in a stew-pan over a quick fire, with some butter, chopped ham, parsley, onions, and chives, a crushed head of garlic, a bouquet of mixed herbs, salt and pepper; sprinkle with flour; when brown, moisten with equal quantities of white wine and stock, add two small basketsful of chopped mushrooms, and leave on the fire until the sauce is quite thick. Remove the bouquet of herbs before serving.

Morels on toast.

Warm some morels in butter, seasoned with parsley and chives, stir in a teaspoonful of flour, moisten with stock, and reduce, remove the parsley and chives, thicken the sauce with yolks of egg and cream, and sweeten with a little sugar. Cut a slice of crust off a long, light roll, butter it on both sides, toast over a quick fire, place on a dish with the crumb side upwards, and fill with the stewed morels.

MAY 9.

Potage à la parisienne.	Parisian soup.
Colin frit.	Fried whiting pollock.
Gigot à la Durand.	Leg of mutton à la Durand.
Pâté de bécassines.	Snipe pie.
Œufs brouillés aux pointes d'asperges.	Buttered eggs with asparagus heads.
Pommes au riz.	Stewed apples and rice.

Fried whiting pollock.

This fish, which is a species of cod, is most wrongfully neglected, and if prepared in the following manner will be found excellent. Cut up your fish into slices about one and a half inches thick, soak for two hours in olive oil seasoned with salt, pepper, and mixed herbs; warm three tablespoonsful of olive oil in a frying-pan, fry the slices of fish in it over a slow fire; when done, drain, place in a dish and keep warm in the oven; squeeze the juice of a lemon into the oil remaining in the frying-pan, season with salt and pepper, beat well with a fork, which will thicken the sauce, pour over the slices o whiting pollock, and serve.

Stewed apples and rice.

Peel and scoop out the cores of some fine russet apples, simmer in clarified sugar until stewed. Blanch your rice and boil in milk, keep it firm by adding the milk gradually, sweeten with sugar, stir in a pinch of salt; when done, pour into a dish, place the apples on the rice, fill all the spaces between the fruit with rice, and brown in the oven. Serve very hot.

MAY 10.

MENU EN MAIGRE.
Potage à la purée de navets.
Soles à la parisienne.
Vol-au-vent de quenelles de poisson.
Homard à la broche.
Asperges à la sauce blanche.
Talmouses à la Saint-Denis.

BILL OF FARE FOR FAST DAY.
Purée of turnips.
Soles à la parisienne.
Vol-au-vent of fish quenelles.
Roast lobster.
Asparagus with white sauce.
Cheese biscuits à la Saint-Denis.

Soles à la Parisienne.

Scrape and clean out your soles, cut off the heads and tails, and toss in a sautapan with sufficient fresh butter to cover them, sprinkle with chopped parsley, chives, salt and pepper; turn the fish, and when cooked, dish up covered with Italian sauce.

Cheese biscuits à la Saint-Denis.

Take a large handful of fine wheaten flour, half a pound of cream curds, five ounces of Brie cheese, which has been carefully scraped, and a pinch of salt, pound in a mortar, add five ounces of melted butter, stir in sufficient eggs to make a thick paste, which roll very thin, and cut out into small round biscuits. Bake in a quick oven, and serve hot.

Garlic butter.

Pound six heads of garlic and pass through a tammy; pound with three ounces of butter until a thick cream.

MAY 11.

Potage à la julienne.	Julienne soup.
Saumon grillé.	Broiled salmon.
Rosbif garni de rissoles.	Roast beef garnished with rissoles.
Poulets rôtis.	Roast fowls.
Chicorée au jus.	Stewed chicory.
Gelée au citron	Lemon jelly.

Broiled salmon.

Cut the tail of a salmon into slices, soak for an hour in olive oil, season with parsley, mixed herbs, laurel-leaves, salt and pepper; broil on the gridiron, baste with some of the olive oil. When cooked, remove the skin, and serve covered with white caper sauce (see 3rd of May).

Fricandeau of veal.

Lard one side of your chump of veal with thick fillets of bacon, and the opposite side with very fine strips; line a stew-pan with slices of bacon and beef, season with onions, carrots, two heads of cloves, and a bouquet of mixed herbs, add the veal, moisten with stock, and simmer for three or four hours, sprinkle with its own gravy from time to time. When cooked, take out the veal and pass the sauce through a tammy, reduce to a glaze in a stew-pan, place the veal on it with the finely-larded side downwards, and leave until a good colour. If any of the glaze sticks to the bottom of the stew-pan, add a little stock to it, and pour over the fricandeau.

MAY 12.

Potage de riz à la purée de pois.	Purée of green peas with rice.
Truite sauce genevoise.	Trout, Geneva sauce.
Poitrine de mouton braisée	Braised breast of mutton.
Lapereaux rôtis.	Roast young rabbits.
Haricots panachés à la maître d'hôtel.	French beans and haricots à la maître d'hôtel.
Meringues à la Chantilly.	Meringues à la Chantilly.

Braised breast of mutton.

Line a stew-pan with slices of bacon, season with young onions, tarragon-leaves, a pinch of mixed spice, salt and pepper, add the breast of mutton, and as soon as it simmers moisten with two tumblersful of stock, and cook over a slow fire. When done, pass the sauce through a tammy, pour over the mutton, and serve.

French beans and haricots à la maitre d'hôtel.

Boil equal quantities of French beans and fresh young haricot beans in salt and water; when cooked, drain and place in a dish near the fire. Melt a large lump of butter, flavour with chopped herbs, salt and pepper, warm the beans in this, and serve very hot.

Fish glaze.

Simmer the head and trimmings of a turbot in a stew-pan with three or four whiting, the same quantity of gurnet, some onions, carrots, leeks, a bouquet of mixed herbs, a little salt, and a head of garlic; cover with water and two tumblersful of white wine, cook over a slow fire for several hours, pass through a tammy, reduce until a thick glaze, and keep until required.

MAY 13.

Potage au tapioca.	Tapioca soup.
Tendrons de veau à la poulette.	Breast of veal à la poulette.
Filets de soles à la Orly, sauce tomates.	Fillets of sole à la Orly, tomato sauce.
Gigot rôti.	Roast leg of mutton.
Purée de haricots.	Purée of haricot beans.
Bavarois aux fruits.	Bavarian cream and fruit.

Breast of veal à la poulette.

Cut up a breast of veal into small square pieces, blanch and drain, pass the water through a tammy, moisten the veal with some of it, and warm in a saucepan, stir in a little flour, some fresh butter, season with carrots, mushrooms, laurel-leaves, salt, black pepper, and a bouquet of chives parsley and thyme; when nearly done, add some young white onions. Place the pieces of veal in a dish, remove the bouquet, thicken the sauce with yolks of egg, flavour with a few drops of either vinegar or lemon-juice, pass through a tammy, and pour over the veal.

Purée of turnips.

Cut up your turnips into small pieces, blanch, drain, and cook them over a slow fire in stock, season with salt, pepper, and butter. When done, pass through a wire sieve, and serve very hot. If the purée is not thick enough, add a little potato flour.

Boiled eggs.

Cook the eggs in boiling water for three minutes, when they will be ready for use. Another way of boiling eggs is to place them in a deep bowl, fill it up with boiling water, and serve in the bowl.

MAY 14.

Potage aux pâtes d'Italie.	Clear soup with Italian paste.
Culotte de bœuf bouillie, sauce tomates.	Boiled rump-steak, tomato sauce.
Vives au gratin.	Baked weaver or sea-dragon.
Canetons rôtis.	Roast duckling.
Petits pois à la française.	Green peas à la française.
Œufs aux pistaches.	Eggs with pistachio nuts.

Baked weaver or sea-dragon.

Clean eight fine weavers, cut off their fins (be careful not to prick your fingers with them, as they are most poisonous), line an oval tin or plated dish with fresh butter about half an inch thick, sprinkle with salt and pepper, and lay the fish on it. Chop equal quantities of mushrooms, eschalots, and parsley very fine, warm with a little butter, a tumblerful of white wine, the same quantity of stock (if for fast day use water), and stir in a table-spoonful of flour; cook for twenty minutes, stir with a wooden spoon, and pour over the weavers; sprinkle with grated bread-crust, put a few pieces of butter about the size of a filbert on the fish, and bake for twenty minutes.

Stewed calf's ears and mushrooms.

Boil the calf's ears in salt and water, drain, and place on a dish. Cook some mushrooms in butter; when brown moisten with stock, reduce, thicken the sauce with yolks of egg, and pour over the calf's ears.

MAY 15.

Brunoise aux croûtons.
Brochet sauce aux anchois,
Purée de lapereaux bordure de riz.
Quartier d'agneau rôti.
Asperges au beurre.
Gelée au citron.

Brunoise soup with bread-crusts.
Pike, anchovy sauce.
Purée of young rabbits with rice.
Roast forequarter of lamb.
Asparagus with butter.
Lemon jelly.

Purée of young rabbits with rice.

Roast your rabbits, cut off all the meat, chop it up, and pound in a mortar with a quarter the quantity of butter, and pass through a fine hair sieve. Boil the bones and trimmings of the rabbits in stock and a little brown thickening, stir in sufficient of this liquid into the pounded meat to make a nice purée, and pour into a dish lined with either paste or boiled rice, garnish with soft-boiled eggs, and serve very hot. This purée must never be warmed after the stock has been added to it, as it quite spoils the flavour.

Lemon jelly.

Take one ounce of gelatine, half a pound of sugar, the juice of three fine lemons, and the peel of two of them, warm in two pints of water until the gelatine is dissolved, pass through a jelly-bag into a deep bowl, and when cold, whip on some ice until the jelly has thickened, pour into a mould, and leave in the refrigerator until set. Turn out of the mould before serving.

MAY 16.

Potage à l'oseille.	Sorrel soup.
Sole farcie aux fines herbes.	Soles stuffed with mixed herbs.
Rissoles de crêtes de coq et de truffes.	Rissoles of cockscombs and truffles.
Filet de bœuf rôti.	Roast fillet of beef.
Chicorée au jus.	Stewed chicory.
Soufflé glacé aux fraises.	Iced strawberry soufflé.

Soles stuffed with mixed herbs.

Open your soles down the back, cut out a large piece of the back-bone and half boil in white wine; when cold, stuff them with chopped parsley, chives and mushrooms, seasoned with pepper and salt and mixed with fresh butter, simmer in stock until cooked, and serve with their own sauce flavoured with lemon-juice.

Rissoles of cockscombs and truffles.

Scald and clean a dozen large cockscombs, boil in thin, white thickening (see 16th of April). When nearly cold cut into dice, and mix with chopped truffles which have been boiled in sherry, and moisten with reduced white thickening. Roll out some puff paste, cut into pieces about four inches in diameter, bake for a few minutes so as to brown one side, lay a spoonful of rissole meat in the centre of each piece of paste, moisten the edges with egg, fold them together, and press gently to make them stick; dip each rissole into beaten eggs seasoned with salt and pepper, fry in boiling butter or lard, dish up in a pyramid, and garnish with fried parsley.

MAY 17.

Potage à la purée de pois verts.	Purée of green peas.
Maquereaux aux groseilles vertes.	Mackerel stuffed with green gooseberries.
Poulet Marengo.	Chicken à la Marengo.
Porc frais rôti.	Roast pork.
Salade de légumes.	Vegetable salad.
Croquantes.	Croquantes, or almond toffee.

Mackerel stuffed with green gooseberries.

Pick and seed some half-ripe gooseberries, mix with a few pieces of fresh herring, chopped herbs, salt and cayenne pepper; stuff your mackerel with this, and boil in salt and water, season with sliced onions, carrots, and turnips; when cooked, drain the fish, and serve with green gooseberry sauce.

Green gooseberry sauce.

Pick and seed two large handsful of green gooseberries, soak in boiling water and salt, drain and warm in melted butter seasoned with chopped parsley, salt, pepper, and a pinch of grated nutmeg; just before serving, stir in a little double-cream. The celebrated "Mackerel Gooseberry" took its name from this sauce, which is of very old origin.

Croquantes, or almond toffee.

Blanch and dry a pound of Jordan almonds, cut up each almond into five or six pieces, and bake in a slow oven until a golden colour. Boil three-quarters of a pound of sugar to the snap, add your almonds, take the saucepan off the fire, stir the sugar and almonds well together, butter several small moulds, and line with the toffee as thin as possible. To avoid burning your fingers, use the slice of a lemon to smooth it round the mould. Some cooks pour the hot toffee into a buttered dish and cut it into squares. The sugar may be coloured with cochineal if preferred.

Anchovy butter.

Skin and scrape some well-soaked anchovies, pass through a hair sieve, and stir into the same quantity of butter as there is paste.

MAY 18.

Potage purée Crécy.	Crécy soup.
Merlans grillés.	Broiled whiting.
Épaule d'agneau glacée.	Glazed shoulder of mutton.
Poulets rôtis.	Roast fowls.
Pois au lard.	Peas and bacon.
Croquenbouche.	Croquenbouche.

Broiled whiting.

Scale, clean out your whiting, cut two or three slits down the sides, dip into olive oil, sprinkle with salt and pepper, and broil over a slow fire, turn the fish several times, and dish up carefully, covered either with white caper sauce or tomato sauce.

Peas and bacon.

Cut up either some lean ham or bacon into dice, warm in butter, and when nearly done, moisten with stock, add your peas and a bouquet of herbs, chives, salt and pepper, cook over a slow fire, and take out the bouquet of herbs before serving.

Croquenbouche.

This name is given to all large set pieces for suppers or dinners, such as nougats, cakes, oranges, or nun's sighs, which have been covered with sugar, boiled to the snap, so as to give a brilliant appearance. The real meaning of croquenbouche is "crackle in the mouth."

Nougat.

Prepare the same as croquantes (see 17th of May), only do not spread out so thin.

MAY 19.

Potage au vermicelle.	Vermicelli soup.
Barbue sauce hollandaise.	Brill, Hollandaise sauce.
Pigeons aux pointes d'asperges.	Stewed pigeons and asparagus heads.
Gigot rôti.	Roast leg of mutton.
Choux-fleurs au gratin.	Baked cauliflower with bread-crumbs.
Pouding excellent.	Excellent pudding.

Stewed pigeons with asparagus heads.

Stew the same as pigeons and green peas (see below); but the asparagus taking a shorter time to cook must be added only a few minutes before taking off the fire.

Stewed pigeons and green peas.

Split your pigeons open down the backs, stuff with their livers chopped up with bacon, bread-crumbs soaked in milk, chopped herbs, salt and pepper. Warm some butter in a saucepan; when brown add a little chopped bacon and the pigeons, moisten with half a tumberful of water, season with two onions, a bouquet of herbs, salt and pepper; add a pound of green peas, and simmer over a slow fire for an hour. Remove the bouquet of herbs, and dish up the pigeons on the peas. The sauce must not be too thin.

An excellent pudding.

Take a pound of finely-chopped suet, one pound of stoned raisins, one pound of currants, eight yolks of egg, four whites of egg, half a pound of bread-crumb, one pound of flour, one pound of sugar, half a teaspoonful of grated nutmeg, a dessert-spoonful of powdered ginger, a pinch of salt, half a tumblerful of rum, some strips of mixed peel, and the grated peel of a lemon. Whip up the eggs, add a little milk, and stir into the remainder of the ingredients, if too thick moisten with milk; tie up in a pudding-cloth, and boil for five or six hours. Serve with either rum or Madeira sauce.

MAY 20.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage aux herbes.	Herb soup.
Morue à la béchamel.	Cod, béchamel sauce.
Œufs brouillés aux pointes d'asperges.	Buttered eggs with asparagus heads.
Pâté de saumon.	Salmon pie.
Marinade de fonds d'artichauts.	Fried bottoms of artichokes.
Flan de cerises.	Open cherry tart.

Herb soup.

Take some white beet, lettuce, sorrel, and purslane-leaves, wash and dry them, warm in butter, stir in a little flour, moisten with water, thicken with yolks of egg, and pour on to toasted bread-crusts. Keep the largest pieces of vegetable to lay on the top.

Cod, béchamel sauce.

Take a large lump of butter, a dessert-spoonful of flour, salt, black pepper, a pinch of grated nutmeg, chopped parsley and chives, stir into a tumblerful of cream, and leave on the fire until it boils, if too thick add a little more cream. Boil your cod in salt and water, break into flakes, and dish up in a pyramid, covered with the sauce.

Buttered eggs or omelet, with asparagus heads.

Blanch some asparagus heads, cut them into small pieces, and warm in white thickening, seasoned with chopped parsley, chives, salt and pepper; when cooked add a little milk, and pour, quite hot, over your eggs, which have been beaten and stirred in a saucepan over the fire, until done. Prepare the asparagus in the same manner if required for an omelet.

MAY 21.

Potage de riz à la paysanne.	Peasant soup with rice.
Petits pâtés aux rognons.	Kidney patties.
Lamproie au suprême.	Jugged lamprey.
Bœuf à la mode.	Bœuf à la mode.
Poulets rôtis.	Roast fowls.
Haricots verts au beurre.	French beans with butter.
Soufflé à la vanille.	Vanilla soufflé.

Kidney patties.

Remove the skin and fat from your kidneys, and cut up into slices about a quarter of an inch thick, warm in melted butter seasoned with salt, pepper, and a pinch of grated nutmeg, and stir well. Line some patty pans with puff paste, fill with the kidneys, and cover with a piece of paste large enough to go over the sides of the patty pans, and moisten the edges with water. Bake, and when done lift up the covers, fill the patties with velouté (see 23rd of August), replace the covers, and serve immediately.

Jugged lamprey.

Cut up a lamprey into large pieces, and brown in butter; add some truffles and morels; when a good colour moisten with a tumblerful of red wine, season with salt, pepper, and a pinch of sugar. Serve with its own sauce, and garnish with sippets of fried bread.

Cream sauce.

Melt half a pound of butter, add a little flour, salt, pepper, and a pinch of grated nutmeg; stir until quite thick, add a pint of cream and a little chopped parsley, leave on the fire for five minutes, and serve.

MAY 22.

Potage au pain.	Bread soup.
Pièce de bœuf à la sauce Robert.	Boiled beef, Robert sauce.
Casserole de laitances.	Stewed roe.
Quartier de veau rôti.	Roast chump of veal.
Asperges en branches.	Asparagus.
Crème vierge.	Virgin cream.

Stewed roe.

Blanch your roe in boiling vinegar and water, drain, and stew for a quarter of an hour in equal quantities of stock and white wine, seasoned with a bouquet of herbs, a pinch of grated nutmeg, salt and pepper; when cooked place the roe on a dish, reduce the sauce, thicken it with a little flour and butter, flavour with lemon-juice, and pour over the roe.

Roast chump of veal.

Soak a chump of veal for two days in white wine, seasoned with salt, pepper, and mixed herbs. Lard and roast it. Serve covered with ravigote sauce (see 29th of May).

Virgin cream.

Take a little sugar, some lemon peel, and two or three laurel-leaves, boil, and pass through a tammy. Cut out the skins from the centre of four or five chicken gizzards, dry, pound them, and soak in lukewarm water until dissolved; add to the sugar, pass through a tammy, flavour with orange-flower water, and pour into small china cups; warm in a bain-marie, and serve very hot.

Lobster butter.

Pound the shell and spawn of a lobster, stir well into some butter, and pass through a sieve.

MAY 23.

Potage printanier.	Spring soup.
Bar sauce aux câpres.	Bass, caper sauce.
Filet de mouton aux petits pois.	Fillet of mutton and green peas.
Dindonneau rôti.	Roast turkey poult.
Asperges à la Pompadou	Asparagus à la Pompadour.
Tartelettes aux ceri	Cherry tartlets.

Breast of veal with green peas.

Cut a breast of veal into pieces, blanch, and warm them in butter, add a little flour, a bouquet of mixed herbs, salt, pepper, and stock, stew over a slow fire; add the peas in time to be done when the veal is cooked, and thicken the sauce with yolks of egg.

Asparagus à la Pompadour.

Boil your asparagus in boiling salt and water; when done cut it up into pieces about the length of your little finger, and place in a hot cloth near the fire. Take a little fresh butter, some yolks of egg, salt, pepper, and a tablespoonful of vinegar; cook in a bain-marie until thick; dish up the asparagus, and pour the sauce over it.

Marrow quenelles.

Take eight ounces of beef marrow, the same quantity of bread-crumbs, a dessert-spoonful of flour, five yolks of egg, a whole egg, salt, and pepper, mix until a smooth paste; take a spoonful at a time and poach in boiling salt and water; drain, trim and serve.

MAY 24.

Potage au tapioca.	Tapioca soup
Culotte de bœuf garnie à la flamande.	Brisket of beef à la flamande.
Œufs pochés à la sauce tomate.	Poached eggs with tomato sauce.
Goujons frits	Fried gudgeon.
Pâté de canards.	Duck pie.
Gelée de fraises à la vanille.	Strawberry and vanilla jelly.

Brisket of beef à la Flamande.

Bone, roll, and skewer your brisket, and simmer in stock for three hours, Place it in a stew-pan with a bottle of sherry or any dry white wine, and two tumblersful of stock, simmer until cooked. Blanch some cabbages, drain, and leave until cold; press them well between two plates, so as to squeeze out all water, sprinkle with salt and pepper, tie round with a string, and boil in a large stew-pan, with uncleared stock, a piece of bacon, some sausages, German sausages, a bouquet of mixed herbs, salt and pepper; cover with a buttered sheet of paper, and take out the bacon and sausages as soon as they are cooked; when cold skin the sausages, and cut into slices, chop the bacon into dice, and warm in butter. Place the beef in the centre of a large dish, surround it with the cabbages, and garnish with the bacon, sausages, and some glazed turnips and carrots cut into balls. Strain a little of the gravy from the beef, stir it into Madeira sauce, and hand in a sauceboat.

MAY 25.

Potage purée de pommes de terre.	Purée of potatoes.
Tanches frites	Fried tench.
Poitrine de veau farcie.	Stuffed breast of veal.
Cochon de lait au Père Douillet.	Sucking-pig au Père Douillet.
Haricots verts à la maître d'hôtel.	French beans à la maître d'hôtel.
Bavarois vanillé.	Bavarian vanilla cream.

Fried tench.

Clean and scrape your tench very carefully, and soak for two hours in melted butter seasoned with chives, chopped parsley, salt, pepper, and vinegar. Flour, and fry them. Serve garnished with fried parsley.

Sucking-pig au Père Douillet.

Cut off the pig's head, divide the body into four pieces, and lay in a stew-pan lined with slices of bacon, season with cloves, a pinch of grated nutmeg, powdered ginger, cinnamon, laurel-leaves, salt, pepper, slices of lemon, onions, carrots, and parsnips ; cover with slices of bacon and veal, moisten with white wine, and simmer over a slow fire until thoroughly cooked. Drain the pork, pass the sauce through a tammy, pour it over the meat, and serve when cold.

Sauce à la Duxelle.

Take two tablespoonsful of chopped mushrooms, one tablespoonful of chopped parsley, the same quantity of chopped eschalots, a head of garlic, a little scraped bacon, laurel-leaves, thyme, a pinch of mixed spice, salt and pepper : warm in fresh butter, moisten with white wine, reduce, pass through a tammy, stir into a little white thickening, and use for either chicken or game entrées.

MAY 26.

Potage aux pâtes d'Italie.	Italian paste soup.
Vol-au-vent d'amourettes à la crème.	Vol-au-vent of beef tendons.
Selle de mouton garnie de rissoles.	Saddle of mutton with rissoles.
Pigeons rôtis au cresson.	Roast pigeons and watercress.
Asperges en branches.	Asparagus.
Meringues à la Chantilly.	Meringues à la Chantilly.

Vol-au-vent of beef tendons.

Make a vol au-vent case of puff paste, and bake. Remove the nerves and skins from two pounds of beef tendons, soak in warm water until perfectly white, and boil for ten minutes in water, vinegar, and salt; when firm, drain them and cut into pieces about two inches long; pour some boiling water over them, leave for ten minutes, drain, and warm in veal stock. Warm the vol-au-vent case; drain the tendons, pour some thick béchamel sauce (see 16th of August) over them, add twenty button mushrooms which have been boiled, fill the case with this, and serve very hot. It is a thousand pities that this delicious dish is not oftener given.

Roast pigeons.

Cover your pigeons with vine-leaves, wrap them up in bacon, and roast for half an hour. Serve with their own gravy, and garnish with watercresses.

Soles with white wine sauce.

Prepare the same as bream with white wine sauce (see 27th of November).

MAY 27.

Potage brunoise aux pois.	Brunoise soup with green peas.
Soles au vin blanc.	Soles with white wine sauce.
Tourne-dos aux olives.	Fillets of beef and olives.
Carré de porc frais rôti.	Roast loin of pork.
Artichauts à l'essence de jambon.	Stewed artichokes with essence of ham.
Flan meringué.	Frangipane tart.

Roast loin of pork.

Bone your loin, and leave it for three hours in a pan covered with coarse salt; rub in the salt from time to time. Roast, and serve with its own gravy in a sauceboat.

Stewed artichokes with essence of ham.

Trim the artichokes, cut out the chokes, and stuff with chopped mushrooms, minced bacon, parsley, and eschalots, which have been cooked in butter. Line a stew-pan with slices of bacon, add the artichokes, season with salt, pepper, and a bouquet of mixed herbs; moisten with stock, and cook over a slow fire, with hot coals on the lid; when done, dish up, covered with essence of ham.

Essence of ham.

Mince up some ham very fine, pound it, and warm in melted lard; stir in a little flour. When a good colour moisten with either veal or common stock; season with a bouquet of herbs, cloves, chopped mushrooms, and a teaspoonful of vinegar. Pass through a tammy, and pour over the artichokes.

MAY 28.

Potage à la julienne.	Julienne soup.
Bœuf braisé aux carottes nouvelles.	Braised beef and young carrots.
Poulets à l'estragon.	Chicken with tarragon.
Lapereaux rôtis.	Roast young rabbits.
Haricots verts à l'anglaise.	French beans à l'anglaise.
Compote d'oranges.	Compote of oranges.

Braise.

Braising is one of the most important parts of culinary art, as meat when cooked without allowing any evaporation retains all its sweetness and strength.

Line a braising-pan with slices of bacon and beef about half an inch thick; season with mixed herbs, onions, carrots, thyme, laurel-leaves, pepper, salt, grated nutmeg, and mixed spice. Place the piece of meat you are going to cook in the braising-pan, and cover with the same seasoning until the pan is full, fix on the lid as tight as possible, line the edges of the braising-pan with hot-water paste so that no air may get in, cover the lid with hot coals and simmer. When the meat is nearly cooked diminish the fire. This recipe is excellent for large joints of meat which require a good deal of flavouring.

Pig's tail with a purée of peas.

Cook the same as calf's ears (see 14th of May), and dish up on a purée of peas, lentils, or chestnuts.

MAY 29.

Potage printanier.	Spring soup.
Bar bouilli sauce crevettes.	Boiled bass, caper sauce.
Moëlle de bœuf à la Orly.	Beef marrow à la Orly.
Gigot de pré-salé rôti.	Roast leg of southdown mutton.
Pommes sautées.	Fried potatoes.
Gâteau d'amande massif.	Almond cake.

Beef marrow à la Orly.

Cut your marrow into pieces about four inches long and two inches thick, soak in cold water, drain, and leave for an hour. Dip into hot meat glaze, place each piece separately on a board and when cold smooth round the edges, and twenty minutes before required dip them into batter and fry in boiling lard; when a good colour, dry them in a cloth, dish up in a pyramid, sprinkle with salt, and garnish with fried parsley. Hand tomato sauce separately, and serve very hot.

Ravigote sauce.

Take equal quantities of white wine and stock, reduce to a brown thickening; season with chopped and blanched pimpernel, tarragon, chervil and chive-leaves, lemon juice, salt and pepper; stir the sauce until quite thick over a quick fire, but do not let it boil.

Potatoes boiled in their skins.

Boil or bake some fine old potatoes without peeling them. Serve, wrapped up in a napkin. Hand butter sauce in a sauceboat.

MAY 30.

MENU EN MAIGRE.
Potage purée de pommes de terre, chiffonnade de cerfeuil.
Lottes en matelote.
Pâté chaud de légumes.
Homard à la broche.
Œufs à la crème.
Glaces au four.

BILL OF FARE FOR FAST DAY.
Purée of potatoes with chervil-leaves.
Stewed eel pout.
Hot vegetable pie.
Roast lobster.
Eggs with cream.
Baked ices.

Stewed eel pout.

Clean out your eel pout and keep the livers; warm them in butter, moisten with white wine, and season with young blanched onions, a bouquet of mixed herbs, salt and pepper; when nearly done add the livers and some carp's roe; simmer over a slow fire until cooked. Dish up each eel pout on a slice of toast, and cover with their own sauce.

Baked ices.

During the visit of the Chinese Ambassadors to Paris their Excellencies' chef exchanged civilities with the chef of the Grand Hotel, and amongst other things taught him how to bake either ginger or vanilla ices; and the following recipe will show how this delicious sweet is prepared.

Make your ice very firm, roll out some light paste thin, and cut it into small squares, place a spoonful of ice in the centre of each piece of paste, and fold it up carefully so that no air may get in, and bake. The paste will be cooked before the ice can melt. In this dish gourmands have the pleasure of eating hot light paste, whilst their palates are cooled by the refreshing ice.

MAY 31.

Potage au petits pois.	Green pea soup.
Pâté chaud de saumon.	Hot salmon pie.
Côtelettes de mouton jardinière.	Mutton cutlets à la jardinière.
Jambon glacé.	Glazed ham.
Salade de légumes.	Vegetable salad.
Beignets de pommes.	Apple fritters.

Green pea soup.

Boil your peas in boiling salt and water; when cooked, stir in a large lump of butter, and pour over fried crusts of bread; sprinkle with sugar.

Hot salmon pie.

Line a mould with hot-water paste. Warm some slices of salmon in butter, and season with salt, pepper, and finely-chopped herbs. Lard the salmon with fillets of anchovy and lay them in the mould, cover with hot-water paste, egg over, and bake; when done, take off the cover and fill up the mould with the following sauce. Take some court-bouillon (see 18th of April), season it with chopped eschalots and parsley, stir in a little flour and butter, warm, and pour over the fish. It is customary to serve hot pies without the cover of paste, and to garnish them with crayfish.

Anchovy sauce.

Clean and bone your anchovies, cook in a tumblerful of stock, and stir in a little flour and butter as soon as the sauce boils. Serve it in a sauceboat.

JUNE 1.

Potage Solférino.	Solferino soup.
Barbillons grillés au beurre fondu.	Broiled barbel with melted butter.
Noix de bœuf braisée.	Braised chump of beef.
Pigeons rôtis.	Roast pigeons.
Fèves de marais à la crème.	Broad beans with cream.
Tartes aux cerises.	Cherry tartlets.

Solferino soup.

Take equal quantities of haricot beans, French beans, young potatoes, young carrots, green peas, three or four tablespoonsful of purée of tomato, chopped parsley, chives, and celery; boil in stock, and pour over toasted bread-crusts.

Braised chump of beef.

Prepare a braising-pan (see 28th of May), and put in a chump of beef (be careful that it is well covered, as it is a very dry joint), moisten with white wine and two wine-glasses of brandy, fix the lid on very tight, and cook over a slow fire. When done, place the beef on a dish, pass the sauce and vegetables through a tammy, clear of all grease, reduce it to a thin glaze, and pour over the beef.

Broad beans with cream.

Pick out the youngest and smallest beans and blanch them. If the beans are old they must be peeled. Boil them in milk, with some butter, chopped parsley, and salt; thicken the sauce with two whipped yolks of egg, and stir in a little cream.

JUNE 2.

Potage de riz à la purée de carottes.	Purée of carrots with rice.
Surmulet à la sauce matelote.	Red mullet, matelote sauce.
Escalopes de lapereaux aux pointes d'asperges.	Scalloped young rabbits with asparagus.
Pintade rôtie.	Roast guinea-fowl.
Navets au jus.	Stewed turnips.
Beignets de fraises.	Strawberry fritters.

Scalloped young rabbits with asparagus.

Scallop your rabbits and cook in fresh butter; boil the trimmings and bones in stock, reduce, pass through a tammy, add a little white thickening, a lump of butter, a pinch of grated nutmeg, salt and pepper; stew some asparagus heads which have been blanched in this sauce, dish up the scallops, and pour the asparagus over them.

Stewed turnips.

Peel and wash the turnips, boil in water, drain, and warm in butter with a little powdered sugar. When brown, remove the turnips, moisten the sauce with stock, season with a bouquet of mixed herbs, salt and pepper; reduce, skim off all grease, and pour over the turnips.

Stuffed anchovies.

Split open your anchovies, wash them in white wine and bone them. Mix some chopped fish, bread-crumbs, and yolks of egg together, stuff the anchovies with this, dip into batter, fry, and serve, garnished with fried parsley.

JUNE 3.

Vermicelle à la hollandaise.	White vermicelli soup.
Éperlans frits.	Fried smelts.
Poulet à la Marengo.	Chicken à la Marengo.
Filet de bœuf rôti.	Roast fillet of beef.
Épinards à la crème.	Spinach and cream.
Compote d'abricots.	Compote of apricots.

White vermicelli soup.

Boil the vermicelli in either chicken or veal broth, pass through a tammy, add the necessary quantity of either cream or milk, stir in some yolks of egg, warm, and serve. For fast days boil the vermicelli in milk.

Chicken à la Marengo.

Cut up a chicken into joints, and cook in olive oil and a little salt, put in the legs before the other pieces, as they take longer to cook. When a good colour and nearly done, add a bouquet of mixed herbs, pepper, mushrooms, and some slices of truffles; place the chicken on a dish, and add the oil drop by drop to some Italian sauce; stir the whole time. When warm, pour over the chicken, and garnish with fried eggs and sippets of fried bread. If preferred, clarified butter may be used instead of oil.

Compôte of apricots à la minute.

Cut your apricots into halves, remove the stones, and boil in melted sugar for three minutes; skim, flavour with orange-juice, and serve when cold.

Eggs with cream sauce.

Warm some cream sauce, add your sliced hard-boiled eggs, and serve.

Cream sauce.

Mix a little flour into half a pound of butter, season with pepper and a pinch of grated nutmeg, stir over the fire until thick, add a pint of cream and some chopped parsley, and leave on the fire for five minutes.

JUNE 4.

Potage de riz au consommé.	Clear soup with rice.
Carrelets au gratin.	Baked plaice.
Poulets à l'italienne.	Chickens à l'italienne.
Quartier d'agneau rôti.	Roast forequarter of lamb.
Asperges en petits pois.	Chopped asparagus with cream.
Tourte aux abricots.	Apricot tart.

Chickens à l'Italienne.

Chop up the livers of your chickens with some parsley, chives, mushrooms, scraped bacon, a lump of butter, mixed herbs, and spice; stuff the chickens with this, brown for a few minutes in a little butter, cover with slices of bacon and buttered paper, and roast. Blanch some parsley, chive and tarragon-leaves, drain carefully, chop very fine, and place in a saucepan with a tumbler of white wine, half a tumbler of olive oil, two chopped anchovies, half a lemon cut up into dice, a pinch of coarse black pepper and salt; warm and thicken with gravy and four yolks of egg. When the chickens are roasted, dish up, and pour this sauce over them. Serve very hot.

Chicken fritters.

Cut up some pieces of cold roast chicken, soak for an hour in vinegar, salt and pepper, dip into batter, and fry in boiling lard. Dish up, garnished with fried parsley. Hand tomato sauce in a sauceboat.

JUNE 5.

Potage paysanne.	Peasant soup.
Abatis de volaille.	Turkey or chicken giblets.
Rosbif garni de pommes nouvelles.	Roast beef and new potatoes.
Langouste sauce au homard.	Sea crayfish, lobster sauce.
Fèves à la sarriette.	Broad beans with cream.
Omelette aux cerises.	Cherry omelet.

Turkey or chicken giblets.

Take either some turkey or chicken giblets, gizzards, and livers, scald, clean, and cut them up into pieces, do not use the heads. Warm in a saucepan with butter; when brown, add five ounces of bacon, cut into four pieces, brown them also; remove the giblets and bacon, stir a little flour into the butter, and when thick add two tumblersful of water; season with salt, pepper, thyme, laurel-leaves, and an onion stuck with cloves; simmer the giblets in this sauce for two hours. Blanch a dozen turnips in boiling water for a quarter of an hour, drain and add to the stew, with some sliced carrots, potatoes, chopped celery, and two lumps of sugar; when cooked, clear the sauce of all grease and serve very hot.

Braised sheep's tongues.

Scald the tongues and lard them, braise (see 28th of May), and when cooked, pass the sauce and vegetables through a tammy; pour over the tongues and serve, garnished with either gherkins or capers.

Chopped asparagus with cream.

Cut up some green asparagus into small pieces, blanch in boiling water for three minutes, simmer in a saucepan for half an hour, with butter, a lump of sugar, an onion, and not more than three tablespoonsful of water; remove the onion, and thicken the sauce with either yolks of egg or cream.

JUNE 6.

Potage à la purée de lentilles.	Purée of lentils.
Truite à l'espagnole.	Trout à l'espagnole.
Pigeons en compote.	Stewed pigeons.
Gigot de mouton rôti.	Roast leg of mutton.
Haricots verts sautés.	French beans with butter.
Flan de cerises.	Open cherry tart.

Purée of lentils.

Prepare the same as pea soup (see 23rd of January).

Trout à l'espagnole.

Clean and scale your trout, stuff them with fresh butter, mixed with chopped parsley, chives, eschalots, salt and pepper; soak for an hour in olive oil, seasoned with parsley, chives, thyme, laurel-leaves, salt, and whole black pepper. Dip some paper in the oil, cover with as much of the seasoning as possible, wrap round the trout and broil; when cooked, remove the paper and herbs, and serve, covered with anchovy sauce.

Stewed pigeons.

Cook some dice of bacon in butter; when a good colour remove them, and brown your pigeons in the same butter; sprinkle them with flour, moisten with stock, add the pieces of bacon, a bouquet of mixed herbs, and some mushrooms; when the pigeons are three quarters cooked, add some young onions, which have been browned in butter and slightly sprinkled with sugar; when the pigeons are cooked, remove the bouquet of herbs, skim all the grease off the sauce, and serve, garnished with fried sippets of bread.

JUNE 7.

Potage aux œufs pochés.	Clear soup with poached eggs.
Pièce de bœuf sauce Robert.	Boiled beef, sauce Robert.
Carpe à la bière.	Carp boiled in beer.
Quartier d'agneau rôti.	Roast forequarter of lamb.
Pommes sautées.	Fried potatoes.
Flan de fraise.	Open strawberry tart.

Clear soup with poached eggs.

Poach some eggs, and add them to your stock in the soup tureen. Hand the vegetables which have flavoured the stock in a separate dish.

Carp boiled in beer.

This is a very old and good recipe. Line a fish-pan with slices of bacon, chopped onions, eschalots, carrots, and mixed herbs; put in the carp, sprinkle with salt, and pour in sufficient beer to cover about three quarters of the fish; lay a sheet of buttered paper over it, and place the fish-pan in a moderate oven, turn the fish in half an hour; when cooked remove the carp; pass the sauce through a tammy, clear of all grease, and warm in a saucepan; as soon as it boils, stir in some stale grated bread-crumbs; take off the fire, continue stirring until quite thick; pass through a hair sieve and pour over the carp, which must be previously garnished with stewed lettuces, young onions, mushrooms, and fish quenelles. If any sauce remains, hand it in a sauceboat.

JUNE 8.

Potage au vermicelle.	Vermicelli soup.
Perches grillées sauce à la moutarde.	Boiled perch, mustard sauce.
Noix de veau piquée à la flamande.	Larded chump of veal à la flamande.
Caneton rôti.	Roast duckling.
Petits pois en cosses.	Green peas boiled in their shells.
Crème au thé.	Tea cream.

Green peas boiled in their shells.

There is a pea now cultivated which, when young, has such tender shells, that they are able to be eaten as well as the peas. Boil for half an hour in water, drain, and warm in butter; stir in some cream, thicken with yolks of egg, and flavour with a few drops of vinegar.

Sheeps' trotters, Robert sauce.

Boil the trotters in salt and water; when done, drain, and simmer for three quarters of an hour in Robert sauce; season with salt and pepper, and just before taking off the fire stir in a teaspoonful of mustard.

Roast beef with potatoes.

Roast your joint of beef, and serve with its own gravy. Boil some potatoes, warm them in melted butter, sprinkle with chopped parsley, and hand in a separate dish.

Tea cream.

Warm a pint of cream until reduced to half the quantity; add a small teacupful of strong tea, three yolks of egg, and a little sugar, stir well, pass through a fine cloth, and pour into a large mould or several small ones; cook in a bain-marie until set.

JUNE 9.

Potage purée de pois verts.
Bœuf à la mode.
Pâté chaud de godiveau.
Pigeons rôtis.
Épinards au velouté.
Tartlettes aux cerises.

Purée of green peas.
Bœuf à la mode.
Hot forcemeat pie.
Roast pigeons.
Spinach boiled in velouté sauce.
Cherry tartlets.

Bœuf à la mode.

Lard a rump-steak with well-seasoned bacon; if preferred, the steak can be cut into squares about the size of the palm of your hand; place in a deep dish or bowl, season with salt, pepper, a bouquet of mixed herbs, and a head of garlic; place the bowl in a large stew-pan half full of boiling water, and cook over a slow fire; as soon as the gravy begins to come out of the meat, cover it with slices of bacon, make a larger fire, and keep it up until the steak is thoroughly done; just before taking off the fire add a tumblerful of red wine, pass the sauce through a tammy, reduce, and pour over the beef. If the "bœuf à la mode" is to be eaten cold, use equal quantities of veal and bacon to cover it, substitute a liqueur-glassful of brandy for the red wine, and cut the steak into squares, as the glaze will cover them better.

Fried soles.

Clean and skin your soles; if preferred, they can be filleted; dip them into milk, sprinkle with flour, fry in boiling lard; when a good colour, dry in a cloth, and serve, garnished with parsley.

JUNE 10.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage aux lazagnes.	Italian paste soup.
Raie au beurre noir.	Skate, black butter sauce.
Lottes à la parisienne.	Eel pout à la parisienne.
Buisson d'écrevisses.	Crayfish.
Œufs à l'oseille.	Eggs with purée of sorrel.
Salade de légumes.	Vegetable salad.
Croquettes de riz.	Rice croquettes.

Eel pout à la Parisienne.

Scrape and clean your eel pout, keep the livers, boil in mirepoix (see 4th of October), and serve, covered with oyster sauce, to which you have added the livers, chopped up into small pieces.

Rice croquettes.

Wash the rice, blanch it in boiling water, and soak in cold water until cool; cook in boiling milk, with a little sugar and lemon peel, over a slow fire; stir the rice occasionally, so that it may not burn; when done spread it out about three inches thick on a wooden slab, leave until cold, cut it into squares, sprinkle with grated bread-crumb; roll into croquettes, dip into beaten yolks of egg, bread-crumb, and fry in boiling lard or butter. Serve very hot, sprinkled with powdered sugar. The rice may be flavoured with vanilla instead of lemon, if preferred.

Baked barbel with Parmesan cheese.

Prepare the same as baked brill (see 25th of March).

Eggs with purée of sorrel.

Make a purée of sorrel (see 23rd of December), use cream instead of stock for fast days, dish up, garnished with poached eggs.

JUNE 11.

Potage Crécy au riz.	Crécy soup with rice.
Maquereaux grillés sauce ravigote.	Broiled mackerel, ravigote sauce.
Selle de mouton à la française.	Saddle of mutton à la française.
Terrine de foie gras.	Pâté de foie gras.
Pourpier en friture.	Purslane fried in batter.
Crème brûlée.	Burnt cream.

Faté de foie gras.

Have a foie gras weighing about a pound and a half. Make some forcemeat with one pound of turkey breast, one pound of fresh pork, mixed herbs, laurel leaves, thyme, salt, pepper, and two heads of cloves, and pound well. Peel one pound of truffles carefully, and stick some large pieces into the foie gras. Line the bottom of a deep dish with some of the stuffing, lay the foie gras on this, surround it with the remainder of the truffles, fill up all interstices with the stuffing, and cover the whole with slices of bacon and laurel leaves. Cook the pie in a bain-marie over a slow fire, keep the water at boiling point, but be careful none gets into the pie. It generally takes about an hour and a half to cook a pie of this size. Stick a skewer into the centre, and if burning hot when taken out you will know that the pie is done. When cold, remove the slices of bacon and cover with a layer of lard. Some people prefer the pie baked in the oven, as they consider it has more flavour. If the pie is to be eaten immediately, calf's liver forcemeat (see next page) may be used, instead of turkey and pork.

JUNE 12.

Potage printanier aux œufs pochés.	Spring soup and poached eggs.
Petits pâtés au jus.	Gravy patties.
Côtelettes de mouton garnies de haricots verts.	Mutton cutlets with French beans.
Jambon rôti.	Roast ham.
Épinards au velouté.	Spinach boiled in velouté sauce.
Flan de fruits.	Open fruit tart.

Gravy patties.

Line some small moulds with light paste, and fill with whatever forcemeat fancied (several different recipes are given in this book), cover the moulds with paste, egg over, and bake; when done remove the covers, scoop out the forcemeat, turn the patties out of the moulds, and fill them with well-seasoned, reduced gravy.

Open fruit tart.

Line a plain mould, about three inches deep, with short paste. Take some stoned cherries, sliced peaches, apricots, nectarines, and gooseberries, stir well in a bowl with some powdered sugar, pour into the mould, and bake in a quick oven; crack the apricot stones, blanch the kernels, and garnish the tart with them. If the fruit seems too dry, pour a little clarified sugar over it before taking out of the oven.

Calf's liver forcemeat.

Cut a pound and a quarter of calf's liver into dice, add them to three quarters of a pound of melted lard, season with salt, pepper, mixed spice, and laurel leaves; stir over a quick fire with a wooden spoon for at least four minutes; leave until cold, pound, and pass through a tammy, when it will be ready for use.

JUNE 13.

Potage à la julienne.	Julienne soup.
Matelote de carpe et d'anguille.	Stewed carp and eel.
Queues de bœuf à la Sainte-Menehould.	Ox-tail soup à la Sainte-Menehould.
Volaille rôtie.	Roast fowl.
Petits pois à la parisienne.	Green peas à la parisienne.
Carottes au sucre.	Carrots stewed in sugar and cream.

Ox-tail à la Sainte-Menehould.

Cut the tail into joints, and cook in stock; when done, sprinkle with salt and pepper, dip into melted butter and bread-crumb, repeat this, and either bake or broil. Dish up on stewed red cabbage, or a purée of green peas, or with Italian or piquante sauce.

Green peas à la Parisienne.

Shell some small green peas, wash them, and boil over a moderate fire for half an hour in a little water, season with salt, butter, a pinch of powdered sugar, a bouquet of parsley, and some young onions; when done remove the parsley and onions, stir in a lump of butter, mixed with a little flour, and, when melted, serve.

Carrots stewed in sugar and cream.

Boil some fine carrots in water, and leave on the fire until the water is nearly all absorbed, mash the carrots, add a little milk, a tablespoonful of potato flour, a pinch of powdered sugar, and some dried orange flowers. Stir in sufficient eggs to thicken the sauce, but reserve a third of the whites, whip them up with some fresh butter, add to the carrots, place the saucepan in the oven, and, when done, pour into a deep dish, sprinkle with sugar, and serve very hot.

JUNE 14.

Potage à la Brisse.	Soup à la Brisse.
Rosbif sauce raifort.	Roast beef, horseradish sauce.
Vol-au-vent à la financière.	Vol-au-vent à la financière.
Brochet piqué à la broche.	Roast larded pike.
Fondue au fromage.	Fondue of cheese.
Bavarois au café.	Bavarian coffee cream.

Soup à la Brisse.

This soup, which is composed of chicken stock with dice of vegetable cream, is a charming addition to the culinary art. Take some asparagus, for example, boil it, pass sufficient through a fine hair sieve to fill a wine-glass, beat up two eggs and a pinch of grated nutmeg in a bowl, add two wine-glasses-ful of chicken stock and the purée of vegetable, stir well and pass through a tammy. Butter a plain mould, pour in the purée, and cook in a bain-marie; when done, take off the fire, and when set, turn the cream out of the mould and cut it up into dice, place them in your soup-tureen, and pour the necessary quantity of chicken stock over them. A variety of different coloured creams can be obtained by making them of carrots, turnips, beetroot, or peas; of course, cooking them in separate moulds.

Fried purslane à la Milanaise.

Soak some branches of purslane for several hours in lemon-juice, with a little powdered sugar and a stick of cinnamon. Dip into batter, and fry in boiling lard over a moderate fire.

JUNE 15.

Consommé au macaroni avec Parmesan.
Choucroûte garnie.
Oreilles de veau à l'italienne.
Lapereaux rôtis.
Artichauts sauce au beurre.
Compote de groseilles.

Maccaroni soup with Parmesan cheese.
Stewed pickled cabbage and oysters.
Calf's ears à l'italienne.
Roast young rabbits.
Artichokes with butter sauce.
Compote of gooseberries.

Calf's ears à l'Italienne.

Scald, scrape and drain the ears, place them in a saucepan lined with bacon, cover with slices of bacon, moisten with equal quantities of stock and white wine, add some peeled slices of lemon—be careful there are no pips—a bouquet of mixed herbs, carrots, turnips, onions, salt and pepper; cook over a slow fire. Make a stuffing with bread-crumbs, milk, and either grated Parmesan or Gruyère cheese; warm until sufficiently thick, stir in four yolks of egg and a lump of butter, fill the calf's ears with this, dip into melted butter, sprinkle with bread-crumbs and grated Parmesan cheese, brown in the oven, and serve.

Compote of red or white gooseberries.

Boil half a pound of sugar to the snap, add a pound of picked gooseberries, let them boil over two or three times, skim, and pour into a glass dish. Serve when cold.

JUNE 16.

Julienne de legumes nouveaux.	Julienne soup with fresh vegetables.
Aigle de mer à la hollandaise.	Hornfish, Hollandaise sauce.
Canard aux navets.	Stewed duck and turnips.
Carré de veau rôti aux fines herbes.	Roast fillet of veal with fine herbs.
Aubergines à la lyonnaise.	Egg plant à la lyonnaise.
Tartlettes de fraises à la crème.	Strawberry tartlets and cream.

Hornfish, Hollandaise sauce.

This is a species of blue sword-fish, even the bones being blue. Boil in salt and water, and serve with Hollandaise sauce in a sauceboat.

Cauliflower with cheese.

Prepare the same as baked cauliflower (see 28th of January).

Roast fillet of veal with fine herbs.

Lard the fillet, and soak for three hours in olive oil, season with finely-chopped parsley, chives, fennel, mushrooms, laurel leaves, thyme, eschalots, salt, pepper, and a pinch of grated nutmeg. Before roasting, cover the fillet with the seasoning, wrap it up in thickly buttered sheets of paper, tie or skewer the paper on very firm, so that the herbs may not fall off, and roast; when done, remove the paper, scrape off the herbs, and warm them in a saucepan with some gravy, a teaspoonful of vinegar, a little butter, salt and pepper. Stir the yolk of an egg into some melted butter, rub the fillet with this, bread-crumb, and brown in the oven. Hand the sauce separately.

JUNE 17.

Potage à l'oseille, chiffonnade de cerfeuil.	Sorrel soup with chopped chervil.
Petits pâtés aux écrevisses.	Crayfish patties.
Chou farci.	Stuffed cabbage.
Poularde rôtie.	Roast fowl.
Épinards au jus.	Stewed spinach.
Meringues à la crême.	Meringues with cream.

Crayfish patties.

Make two pints of brioche paste (see 24th of December), but use only a quarter of a pound of butter, equal quantities of egg and water, and some German yeast; when the paste has risen to double its original size, put it in a cool place or on ice until quite firm. Roll it out very thin, and cut it into twenty-four small rounds about three inches in diameter, sprinkle a board with water, and lay the paste on it, place a small quenelle of fish on twelve of the rounds and two shelled crayfish; cover with the remaining twelve pieces of paste, press together with a small round tin cutter, egg over, and bake. Serve very hot. These can be fried in boiling lard or butter, if there is no oven.

Stewed spinach.

Warm the spinach in fresh butter, season with salt, black pepper, and a pinch of grated nutmeg, moisten with either veal stock or the dripping from a fricandeau of veal which has been reduced; when done, stir in a little butter, and serve, garnished with fried sippets of bread.

JUNE 18.

Potage purée de pois aux croûtons.	Purée of green peas with toast.
Côte de bœuf braisée garnie de tomates farcies.	Braised ribs of beef and stuffed tomatoes.
Croquettes de poisson.	Croquettes of fish.
Caneton de Rouen rôti.	Roast duckling.
Artichauts à l'essence de jambon.	Artichokes with essence of ham.
Soufflé glacé, vanille et chocolat.	Iced coffee and vanilla soufflé.

Stuffed tomatoes.

Dip your tomatoes into boiling water for a minute, peel, make a hole near the stalk, scoop out the centre of the tomatoes with a small spoon, and place them on a buttered or oiled sheet of paper in a baking tin. Make a stuffing with sausage-meat and very thin tomato sauce, fill the tomatoes with this, sprinkle with grated bread-crust, and bake. Serve as soon as the stuffing is browned.

Burnt cream.

Warm four fine yolks of egg and a pinch of flour, stir well and add a pint of milk gradually, flavour with cinnamon and dried lemon peel; if required to be very nice, flavour with pounded pistachio nuts, almonds, or macaroons, and a little orange-flower water. Continue stirring until cooked, be careful the cream does not burn. Put a silver or tin dish in the oven, sprinkle the bottom of it with powdered sugar, moisten with a little water, and when the sugar is browned, add the cream, and serve immediately.

JUNE 19.

Potage à la parisienne.	Parisian soup.
Matelote d'anguilles.	Stewed eels.
Poulet sauté.	Brown fricassée of fowl.
Rosbif d'agneau à la broche.	Roast larded hindquarter of lamb.
Pommes de terre nouvelles sautées.	New potatoes warmed in butter.
Compote d'abricots.	Compote of apricots.

Roast larded hindquarter of lamb.

Scald the lamb, remove the skin from all the fleshy parts, lard the meat which has been skinned very fine, skewer the lamb so as to keep it a good shape, wrap in a buttered sheet of paper, and roast. When done, remove the paper and glaze the meat wherever larded with strong meat glaze, and serve with clear gravy.

Compote of ripe apricots.

If very ripe, do not peel your apricots; cut them into halves, remove the stones, boil in water until quite soft, drain and leave until cold; stew them in clarified sugar, skim, and if, when the apricots are done, the syrup is not sufficiently thick, remove the fruit, and boil the sugar until a proper substance, pour over the apricots, garnish with the kernels, and serve when cold.

Green gooseberry sauce.

Boil your gooseberries in hot melted butter, a little sorrel-juice, and season with powdered ginger, salt, and pepper.

JUNE 20.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage à la purée de pois verts.	Purée of green peas.
Carpe à la marinière.	Carp à la marinière.
Vol-au-vent d'œufs.	Vol-au-vent of eggs.
Homard à la broche.	Roast lobster.
Macaroni à l'italienne.	Maccaroni cheese.
Flan d'abricots à la Metternich.	Open apricot tart à la Metternich.

Carp à la marinière.

Cook the same as mussels à la marinière (see 31st of July).

Maccaroni cheese.

Boil your maccaroni in salt and water. Lay alternate layers of the boiled maccaroni and grated Parmesan cheese in a deep dish, moisten with gravy, and when the dish is quite full, pour some melted butter over it; allow half a pound of butter to every two pounds of maccaroni. Warm in the oven, and serve.

Open apricot tart à la Metternich.

Line a plain mould with short paste; peel some fine apricots very carefully, remove the stones and lay the fruit in the mould, separate each apricot by four stoned cherries, sprinkle with sugar and bake. Pound half of the apricot kernels and all those of the cherries, stir into a little cream until thick, sweeten with powdered sugar, pour over the apricots and serve, not too hot. This is a most delicious sweet.

JUNE 21.

Consommé aux laitues.	Clear soup with lettuce leaves.
Melon.	Melon.
Raie au beurre noir.	Skate with black butter.
Croquettes de palais de bœuf.	Croquettes of ox palates.
Gigot rôti.	Roast leg of mutton.
Haricots panachés sautés.	French beans and haricots with butter.
Gâteau d'amandes.	Almond cake.

How to choose a melon.

You can always tell if a melon has ripened on the plant, or if it has been ripened artificially, by examining the stalk, as if the latter, it will be quite shrivelled. If the melon is heavy it proves it is not spongy; if the skin smells strong it indicates a well-flavoured melon; and if on pressing the little round opposite the stalk you find it not quite hard you may feel sure that the fruit is ripe. Some good housewives bite the stalks of the melons before buying them, as they say that the more bitter the stalk the sweeter the melon. Melons are generally served after the soup. Some people eat sugar with their melon, which is a great mistake, as it makes it more difficult to digest; salt and pepper, on the contrary, help the digestion immensely.

Croquettes of ox palates.

Boil three ox palates in water; trim, scrape, skin, and cut them into quarters; simmer for half an hour in stock; season with a head of garlic, two heads of cloves, thyme, laurel leaves, salt and pepper; drain, and leave until cold. Lay a small teaspoonful of beef forcemeat on each piece, roll up into the shape of a cork, dip into very thin paste, made with a tablespoonful of olive oil, a little flour, a tumblerful of white wine, and a pinch of salt, it must be almost liquid; fry in boiling lard or butter, and serve very hot, garnished with fried parsley.

JUNE 22.

Potage à la julienne.	Julienne soup.
Soles au gratin.	Baked soles.
Timbales de semoule au chasseur.	Timbales of semolina au chasseur.
Lapereaux sautés.	Young rabbits fried.
Tendrons de veau en mayonnaise.	Mayonnaise of tendons of veal.
Macaroni à l'italienne.	Maccaroni cheese.
Macédoine de fruits.	Macédoine of fruit.

Timbales of semolina au chasseur.

Butter eighteen small moulds, and fill with semolina which has been boiled in stock; when cold, turn out of the moulds, sprinkle with bread-crumbs, and dip into beaten yolks of egg, which have been stirred into melted butter with salt and pepper; bread-crumb again, press a round tin cutter an inch smaller than the moulds into the top of the timbales, and fry; when done, scoop out the centres and fill with a forcemeat of young rabbit (see forcemeat, 28th of August), mixed with a purée of mushrooms. Warm in the oven, and serve.

Mayonnaise of tendons of veal.

Cut up the tendons into pieces of equal size, blanch them, and boil in stock; when done, warm them in either thin glaze or their own sauce reduced; when cold, place round a dish, cover with Mayonnaise sauce, and garnish with cold onions, which have been boiled in stock, and gherkins.

JUNE 23.

Potage Crécy.	Crécy soup.
Croquettes de volailles.	Chicken croquettes.
Filet de bœuf rôti.	Roast fillet of beef.
Pommes de terre sautées.	Fried potatoes.
Buisson d'écrevisses.	Crayfish.
Beignets d'abricots.	Apricot fritters.

Chicken croquettes.

Mince and pound all the flesh of a large chicken; reduce two large cupsful of stock, add the pounded chicken to it, stir well, and thicken with four yolks of eggs; when done, take lumps about the size of a walnut, roll in bread-crumbs with your hand until the shape of a large cork, dip into beaten yolks of egg, bread-crumb, and fry in boiling butter; when a good colour, dish up, and serve very hot.

Apricot fritters.

Cut the apricots into halves, they must not be too ripe, soak in brandy, with a little sugar and lemon peel for an hour; drain, dip in batter, and fry; drain again, and serve, sprinkled with powdered sugar.

Roast beef with forcemeat patties.

Roast your joint of beef, and serve, garnished with forcemeat patties.

JUNE 24.

Potage de mouton à l'oseille.	Mutton soup with sorrel.
Gigot bouilli sauce au câpres.	Boiled leg of mutton, caper sauce.
Canard aux olives.	Duck and olives.
Langue de bœuf à l'écarlate.	Boiled pickled tongue.
Petits pois à l'anglaise.	Green peas à l'anglaise.
Gelée de cerises.	Cherry jelly.

Pickled ox-tongue.

Trim either a pig's or ox-tongue, singe it over hot cinders for a few seconds, skin it, and rub some saltpetre and coarse black pepper thoroughly into it, place in an earthenware pan with a close-fitting lid, cover the tongue with coarse salt, season with cloves, thyme, laurel leaves and whole black pepper; keep it in pickle for a fortnight, turn and rub it every day, and as the salt begins to melt, add a few handsful to it. When ready to use, soak the tongue for two hours, and boil in water with onions, cloves, thyme, and laurel leaves, take off the fire when cooked, and leave in the stew-pan until cold. Serve cold.

Mayonnaise sauce.

Take four yolks of egg, a pinch of salt and white pepper, and a little grated nutmeg, stir quickly in a bowl with a wooden spoon, add a bottle of olive oil drop by drop, and flavour with a few drops of vinegar. If the sauce becomes too thick, stir in a little water. A teaspoonful of mustard is sometimes added to the Mayonnaise. Before serving, stir in a few chopped chervil or tarragon leaves.

JUNE 25.

Potage printanier.	Spring soup.
Perches grillés sauce moutarde.	Broiled perch, mustard sauce.
Palais de bœuf à la lyonnaise.	Ox palates à la lyonnaise.
Poulet rôti, cresson.	Roast fowls and watercress.
Haricots verts à l'anglaise.	French beans à l'anglaise.
Tarte de groseilles à maquereau.	Green gooseberry tart.

Ox palates à la lyonnaise.

Blanch and trim the palates, place on the gridiron for a minute, skin them, and cook in white thickening (see 16th of April). When done, cut the palates into small pieces, stir them into a purée of onions (see 11th of December), and serve.

Roast fowl.

Cover your fowl with a buttered sheet of paper or with slices of bacon, roast, and a few minutes before taking off the spit, remove the paper or bacon. When a good colour, dish up the fowl, and garnish with watercress.

Shrimp sauce.

Boil a quart of shelled shrimps for five minutes in half a pound of melted butter and a tablespoonful of anchovy butter, flavour with the juice of a lemon, stir well, and serve in a sauceboat.

Trout, Geneva sauce.

Boil the trout in court-bouillon (see 18th of April), and hand Geneva sauce with them.

Geneva sauce.

Stir a lump of butter the size of an egg and a dessertspoonful of flour in a saucepan over the fire until brown, moisten with a tumblerful of red wine and a tumbler and a half of the liquor in which the trout is boiling, flavour with three sliced onions, a bouquet of mixed herbs, salt, pepper, and a few chopped mushrooms; simmer for half an hour, and just before serving, add either a wine-glassful of Madeira or a teaspoonful of brandy; pass through a tammy, and serve.

JUNE 26.

Potage de concombre au consommé lié.	Cream soup with cucumber.
Selle de mouton en broche.	Roast saddle of mutton.
Canard au Père Douillet.	Braised duck au Père Douillet.
Goujons frits.	Fried gudgeon.
Épinards à la maître d'hôtel.	Spinach à la maître d'hôtel.
Macédoine de fruits.	Macédoine of fruit.

Roast saddle of mutton.

Wrap up the saddle in buttered sheets of paper, fix it on to the spit with skewers so that it may not turn, and roast for two or three hours, according to the size of the joint, serve with its own gravy or a purée of haricot beans à la Bretonne.

Braised duck au Père Douillet.

Truss your duck, cover with slices of bacon, and braise it (see 28th of May), moisten with equal quantities of white wine and stock, and add some slices of lemon; when cooked, remove the duck, reduce the sauce, pass through a tammy, and pour over the bird.

Spinach à la maître d'hôtel.

Boil your spinach in boiling water. When done, soak in cold water for two minutes, drain, and cut it up into large pieces, warm it in a saucepan, season with salt, pepper, and a pinch of grated nutmeg; when quite hot, add a lump of butter; stir until quite melted, and serve.

Piquante sauce.

Stir a little stock into some brown thickening, add three tablespoonsful of vinegar, one tablespoonful of chopped eschalots, a bouquet of parsley, black pepper, and a laurel leaf; reduce, add a little salt, if necessary; pass through a tammy, and serve. For fast days use water instead of stock.

JUNE 27.

Potage Saint-Germain.
Soles au vin blanc.
Aloyau de bœuf à la provençale.
Pigeons rôtis.
Petites fèves à la sarriette.
Beignets de fleurs de sureau.

Soup à la Saint-Germain.
Soles boiled in white wine.
Sirloin of beef à la provençale.
Roast pigeons.
Young broad beans with cream.
Elder-flower fritters.

Sirloin of beef à la Provençale.

This is an excellent old recipe, which I am sorry to say is seldom used. Lard the sirloin with fillets of ham; chop up some marrow, scraped bacon, anchovies, mixed herbs, and garlic; stir well into butter, olive oil, salt and pepper; spread this stuffing on to slices of bacon, lay them on the beef, skewer or tie them on, cover with buttered sheets of paper, and roast; when nearly done, remove the paper and bacon so as to brown the meat. Add a little of the gravy cleared of all grease, to some piquante sauce, and hand in a sauceboat; squeeze a few drops of lemon over it just before serving.

Elder-flower fritters.

Break up some elder-flowers into small sprigs, and soak for two hours in either sherry or brandy, with a little sugar; drain, dip into batter, to which you have added a little brandy and a few drops of orange-flower water; fry until a golden colour, and dish up in a pyramid.

Roast shovellers.

This bird, which is a species of wild duck with red-webbed feet, is only found up rivers. Roast the same as wild duck.

JUNE 28.

Potage au riz à la peluche de cerfeuil.	Rice soup with chervil leaves.
Noix de veau piquée à la bourgeoise.	Larded chump of veal à la bourgeoise.
Escalopes de lapereaux au fumet.	Scalloped young rabbits with white sauce.
Brochet au bleu.	Pickled pike.
Œufs pochés à la purée de tomates.	Poached eggs with tomato sauce.
Beignets de pommes de terre.	Potato fritters.

Scalloped young rabbits with white sauce.

Scallop your rabbits and place round a buttered tin or plated dish with large slices of uncooked truffle between each scallop. Pound the trimmings of the rabbits, stir them into reduced Spanish sauce (see 3rd of November), pour over the scallops, cover with a sheet of buttered paper, and bake; when done, take off the paper, and serve.

Braised saddle of lamb garnished with rissoles.

Braise the same as saddle of mutton (see 6th of February), and garnish with rissoles.

Potato fritters.

Stir three ounces of potato flour into a pint of milk, warm for a quarter of an hour; flavour with pounded macaroons, sugar, and a few drops of orange-flower water; boil and add two yolks of egg, stir with a wooden spoon until a thick batter, pour into a dish, when cold, roll into small balls, egg and bread-crumb them, and fry in boiling lard. Sprinkle with powdered sugar, and serve.

JUNE 29.

Pôtage consommé aux œufs pochés.	Clear soup with poached eggs.
Saumon à la hollandaise.	Salmon, Hollandaise sauce.
Côte de bœuf garnie d'aubergines farcies.	Ribs of beef with stuffed egg plant.
Pintade rôtie.	Roast guinea-fowl.
Petits pois à l'anglaise.	Green peas à l'anglaise.
Compote d'abricots à la Breteuil.	Broiled apricots à la Breteuil.

Clear soup.

Take four pounds of gravy-meat, a fowl, and two knuckles of veal; place them in a stockpot and fill it up with stock; cook over a moderate fire, skim, and each time the soup boils up, pour in half a tumblerful of cold water; flavour with salt, carrots, turnips, onions, and three heads of cloves. When the meat is quite done, pass the soup through a fine tammy or cloth, and serve very hot. Hand poached eggs in a separate dish.

Fillets of beef with poivrade sauce.

Cook your fillets in a saucepan with fresh butter; when cooked, dish up, cover with poivrade sauce, and serve.

Broiled apricots à la Breteuil.

Cut the apricots into halves, remove the stones, sprinkle with candied sugar, and broil them on the gridiron over hot cinders; when done, place in a glass dish. Pound some apricots, raspberries, and sugar together, boil, and pour over the broiled fruit. Serve very hot.

JUNE 30.

MENU EN MAIGRE.
Potage maigre au racines.
Carpe à la normande.
Mariande de choux-fleurs.
Anguille à la broche.
Macaroni au gratin.
Gâteau d'amandes.

BILL OF FARE FOR FAST DAY.
Vegetable soup for fast day.
Carp à la normande.
Cauliflower fritters.
Roast eel.
Maccaroni cheese.
Almond cake.

Vegetable soup for fast day.

Take four ounces of carrots, half an ounce of turnips, half an ounce of leeks, two ounces of onions, one ounce of celery, salt and pepper; cut up the vegetables into thin strips and warm in three quarters of a pound of butter; when a good colour add four pints of liquor, in which haricot beans have been boiled, and the same quantity of lentil liquor; simmer for four hours. Cut half a pound of bread-crust into small strips, put them in the soup-tureen, and pour the soup over them.

Roast eel.

Skin a large eel, lard it finely, and soak for three hours in equal quantities of vinegar and stock, season with salt, pepper, and chopped mixed herbs. Wrap up the eel in a sheet of buttered paper, and roast before a slow fire; baste with hot white wine and boiling lard; just before taking off the spit remove the paper so that the eel may brown. Dish up, cover with Italian sauce, and garnish with sippets of fried bread.

JULY 1.

Pot-au-feu.	Pot-au-feu, or uncleared stock.
Bœuf bouilli garni d'oignons glacés.	Boiled beef and glazed onions.
Cervelles à la provençale.	Calf's brains à la provençale.
Poularde rôtie.	Roast pullet.
Haricots verts à la maître d'hôtel.	French beans à la maître d'hôtel.
Œufs aux pistaches.	Eggs with pistachio nuts.

Pot-au-feu, or uncleared stock.

Prepare the same as stock (see 26th of March), but serve with all the vegetables; do not skim the soup; and two hours before serving add a white cabbage cut into quarters.

Calf's brains à la provençale.

Wash and blanch the brains, boil in stock, add three tablespoonsful of olive oil, a tumblerful of white wine, salt, pepper, lemon-juice, chopped parsley, chervil leaves, and a head of garlic, the three latter must be previously blanched; when done remove the brains, reduce the sauce, and pour over them. Another way of serving this dish is to sprinkle it with bread-crumbs, and brown in the oven, or to cover the brains with piquante sauce.

Eggs with pistachio nuts.

Take a little fine white flour, stir for a few minutes into cream, flavour with grated lemon peel, sugar, and pounded pistachio nuts; add six fresh eggs, stir over the fire for five minutes, pour into a plated dish, and bake in a slow oven; continue stirring until the eggs are cooked, sprinkle with powdered sugar, and brown with the salamander.

Roast lapwing.

Truss and clean your birds, cover with slices of bacon and roast, when cooked, cut them in half, dish up in a pyramid, pour some strong meat glaze over them, and serve with strong clear gravy.

JULY 2.

Potage à la purée de haricots.	Purée of haricot beans.
Surmulet au beurre fondu.	Red mullet with melted butter.
Côtelettes de veau à la Gingarat.	Veal cutlets à la Gingarat.
Lapereaux rôtis.	Roast young rabbits.
Purée de fèves aux croûtons.	Purée of broad beans with sippets.
Œufs aux pistaches.	Eggs with pistachio nuts.

Purée of haricot beans.

Allow four ounces of butter to each quart of haricot beans; boil in water, and flavour with an onion stuck with cloves, a head of celery, a carrot, salt and pepper; when thoroughly cooked remove the onion, celery, and carrot, pass the beans through a tammy—if the haricots are very hard it is better to pound them first. Stir in sufficient stock to make the purée a proper substance, stir over the fire until it boils, and pour over a quarter of a pound of rice, which has been cooked in butter, salt, and water; add a quarter of a pound of butter, and continue stirring until quite melted. Hand fried dice of bread separately. Green pea and pea-soup are made in the same manner.

Braised pig's ears.

Clean, singe, and scrape the ears; line a braising-pan with bacon, add the ears, cover them with slices of bacon, and season with onions, carrots, and a bouquet of mixed herbs; moisten with stock, and when done remove the ears, pass the sauce through a tammy, skim off all grease, and pour over the pig's ears; dish up on a purée of spinach.

Purée of green peas.

Prepare the same as purée of haricot beans (see above).

JULY 3.

Potage crème d'orge garnie de petits pois.	Purée of barley with green peas.
Carpe grillée.	Broiled carp.
Côtes de bœuf aux racines.	Stewed ribs of beef.
Pigeons rôtis, cresson.	Roast pigeons and watercress.
Concombres à la béchamel.	Cucumber with béchamel sauce.
Beignets de patates.	Sweet potato fritters.

Broiled carp.

Clean out and scale a fine carp, rub it over with oil, and broil; dish up on a purée of sorrel, and cover with either white caper sauce, maître d'hôtel sauce, or with oil and vinegar.

Stewed ribs of beef.

Lard some rolled ribs of beef, sprinkle with salt and pepper, and braise them (see 28th of May); blanch some carrots, and simmer in stock until reduced to a glaze; make a little brown thickening with butter and flour, moisten it with some of the liquor from the beef; warm this sauce, skim off all grease, and pass through a fine sieve on to the carrots; when quite hot place round the beef and serve.

Sweet potato fritters.

Wash and peel the sweet potatoes, cut them up to about the length and thickness of salsifis, soak for half an hour in brandy and a little lemon peel; drain, dip into batter, fry, and when a good colour, dish up, sprinkled with powdered sugar.

Iced bomb.

Fill two halves of a round mould the shape of a bomb with the same cream as for iced soufflés (see 31st of August), fit the two halves firmly together, and freeze; dip into cold water before turning the ice out of the mould.

JULY 4.

Potage à la julienne.
Turbot sauce au raifort.
Poulets sautés.
Rognon de veau rôti.
Marinade de choux-fleurs.
Mousse aux fraises.

Julienne soup.
Turbot with horseradish sauce.
Brown fricassée of fowl.
Roast calf's kidney.
Cauliflower fritters.
Whipped strawberries and cream.

Turbot with horseradish sauce.

Clean out your turbot, wash it thoroughly inside and out, split it half-way down the back-bone from the middle of the body to the head, raise the sides with a knife, cut out the bones at the opening, tie or sew up the head, rub over, with lemon-juice, and boil in salt and water with a little lemon peel over a quick fire; as soon as the water boils over, make a smaller fire, cover the turbot with a buttered sheet of paper, and leave to simmer; a quarter of an hour before serving, drain the fish, and dish up on a napkin with a large bunch of parsley in the centre, so as to raise the fish, and surround with parsley. Hand both horseradish sauce and lobster butter with the turbot.

Baba, or rum cake.

Take a quarter of a pound of flour, make a well in the centre, stir half an ounce of German yeast, dissolved in hot water, into it, roll into a ball, and keep in a warm place, wrapped in a cloth until risen to twice its original size. Take three quarters of a pound of flour, half a pound of butter, three eggs, half an ounce of powdered sugar, and a pinch of salt, stir well together, add five eggs, one after another, then the ball of yeast, an ounce of chopped citron, an ounce of currants, and two ounces of stoned raisins; knead the paste thoroughly, and put it in a large mould, capable of holding twice the quantity, leave until it has risen to nearly the top of the mould, bake, and when done, turn out of the mould, and cover with the following sauce. Dissolve some apricot jam in two tumblersful of clarified sugar and two wine-glassesful of rum, and boil until a thick sauce.

JULY 5.

Potage consommé au riz.	Clear soup with rice.
Canard aux navets.	Braised duck and turnips.
Quenelles frites.	Fried quenelles.
Gigot d'agneau rôti.	Roast leg of lamb.
Haricots panachés.	French beans and haricots à la maître d'hôtel.
Omelette aux cerises.	Cherry omelet.

Braised duck and turnips.

Pluck, singe, and draw your duck; line a braising-pan with slices of bacon, add the duck, cover it with bacon, and season with a bouquet of parsley, carrots, slices of parsnip, thyme, laurel leaves, and a pinch of grated nutmeg; moisten with either stock or water, and the same quantity of white wine, fix the lid very tight on to the pan, and simmer over a slow fire, with hot coals on the lid; cut up some turnips into balls, cook them in butter until brown, drain, and simmer in brown thickening, moistened with a little stock; when the duck is cooked, dish up, and garnish with the turnips.

Veal cutlets à la Gingarat or Saint-Garat.

Trim the cutlets, lard with lean bacon, and warm them in butter; line a stew-pan with slices of ham and bacon, add the cutlets, and cover them with bacon; season with carrots, onions, and a bouquet of mixed herbs; moisten with stock, and simmer, with hot coals on the lid of the stew-pan. When the cutlets are done, remove them; pass the sauce through a tammy, add a little stock to it, reduce, and pour over the cutlets, which can be served on a purée of mushrooms or tomatoes.

JULY 6.

Potage Crécy.	Crécy soup.
Chapon au gros sel.	Boiled capon.
Queues de mouton frites au Parmesan.	Fried sheep's tails.
Jambon à la broche.	Roast ham.
Chicorée à la crème.	Purée of chicory with cream.
Bombe panachée.	Iced bomb.

Boiled capon.

Pluck and singe a capon, draw it, and remove the gall from the liver; truss it for boiling, rub over with lemon-juice, cover with slices of bacon, and place in a stew-pan; surround it with onions, carrots, the neck and gizzard of the capon, and some trimmings of veal; moisten with stock, and simmer for two hours; serve, sprinkled with coarse salt. Pass the sauce through a tammy, and hand in a sauceboat.

Fried sheep's tails.

Braise the sheep's tails, dip into beaten yolks of egg, and sprinkle with equal quantities of grated Parmesan cheese and bread-crumbs; fry in lard. Dish up in a pyramid, and garnish with fried parsley.

JULY 7.

Potage de pommes de terre, chiffonnade de cerfeuil.	Purée of potatoes with chervil leaves.
Saumon sauté.	Scalloped salmon with white sauce.
Poulet à la Orly.	Fried chicken à la Orly.
Rosbif à l'anglaise.	Roast beef.
Purée de navets.	Purée of turnips.
Tarte aux cerises.	Cherry tart.

Scalloped salmon with white sauce.

Cut up a piece of fresh salmon into thin scallops, press with the blade of a knife, which has been dipped in cold water; melt some butter in a saucepan, lay the scallops in it side by side, sprinkle with salt and pepper, and shake the saucepan over a quick fire. Warm some reduced stock, add the butter in which the fish was cooked, season with chopped blanched parsley, a pinch of grated nutmeg, and the juice of a lemon; thicken with yolks of egg, dish up the salmon scallops, and pour the sauce over them.

Fried chicken à la Orly.

Cut up a chicken into joints, season with salt, pepper, parsley, laurel leaves, and lemon-juice, sprinkle with flour and fry in lard or butter; dip some sliced onions into flour, and fry them also; when done, dish up the chicken in a pyramid, garnish with the fried onions, and cover with tomato sauce.

Pork cutlets with poivrade sauce.

Trim your cutlets, broil, and serve, covered with poivrade sauce.

JULY 8.

Potage printanier aux œufs pochés.	Spring soup with poached eggs.
Maquereaux à la flamande.	Mackerel à la flamande.
Pigeons à la crapaudine.	Broiled pigeons.
Rosbif à l'anglaise.	Roast beef.
Pommes de terre sautées.	Fried potatoes.
Meringues à la crème.	Meringues with cream.

Mackerel à la Flamande.

Clean the mackerel, and stuff with butter mixed with chopped eschalots, chives, lemon-juice, salt and pepper; wrap in sheets of buttered paper, tie up the ends with string, and broil over a slow fire for twenty-five minutes; remove the covers, and serve.

Broiled pigeons.

Pluck, draw, singe, and truss your pigeons; beat them until flat, and warm in melted butter, seasoned with salt and pepper; when nearly cooked, remove the pigeons, sprinkle them with bread-crumbs, and broil over a moderate fire until a good colour. Dish up, covered with piquante sauce.

Forequarter of southdown mutton à la Bretonne.

Roast the mutton, wrapped up in buttered sheets of paper, and serve on a pureé of haricot beans à la Bretonne.

Croustade of rice.

Fill a fancy mould with rice prepared in the same manner as for rice cake (see 30th of March); bake, turn out of the mould, scoop out the centre, pour in a little unsifted cornflour, which has been cooked in milk, with sugar, and one or two yolks of egg, and fill up with hot rice croquettes.

JULY 9.

Potage à la parisienne.	Parisian soup.
Barbillon grillé.	Broiled young barbel.
Tourne-dos sauce poivrade.	Fillets of beef, poivrade sauce.
Dinde en daube.	Stewed turkey-hen.
Champignons au gratin.	Baked mushrooms with bread-crumbs.
Tarte aux cerises.	Cherry tart.

Stewed turkey-hen.

Pluck, draw, and singe a fine turkey-hen; lard it with thick fillets of highly-seasoned bacon, and place in a stew-pan with stock, half a wine-glassful of brandy, slices of bacon, half a calf's foot, onions, carrots, a bouquet of mixed herbs, a head of garlic, thyme, laurel leaves, and two heads of cloves; if a young turkey-hen, simmer for four hours, but if an old bird leave on the fire for six hours; take the stew-pan off the fire and leave the turkey in it until nearly cold; drain, and place it on a dish; pass the sauce through a silk tammy, clarify it, and when cold, pour over the turkey. If required for a hot dish, garnish the turkey with the vegetables in which it has been cooked; reduce, the sauce and pour over it.

Fennel sauce.

Boil a bouquet of fennel and one of parsley, chop them up fine, and stir into melted butter.

Fried quenelles.

Make your quenelles, and dip into reduced béchamel sauce, roll them in bread-crumbs, egg and bread-crumb them a second time, fry, and serve, garnished with fried parsley.

JULY 10.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage à la purée de carottes.	Purée of carrots.
Croquettes de semoule au Parmesan.	Semolina croquettes with Parmesan.
Anguille à la poulette.	Eel à la poulette.
Pâté de saumon.	Salmon pie.
Pommes de terre en purée, gratinées.	Baked purée of potatoes with bread-crumbs.
Gâteau de riz sauce aux groseilles.	Rice cake with gooseberry sauce.

Purée of carrots.

Mince up two pounds of the best red parts off some carrots, warm in half a pound of butter, and add two pints of water; season with onion, two heads of cloves, a head of celery, salt and pepper; when the carrots are thoroughly boiled, pass them through a tammy, add two quarts of water to the purée, and boil for three quarters of an hour either in the oven or over a slow fire; put some boiled rice in the soup-tureen, and pour the soup over it.

Eels à la poulette.

Scrape and skin the eel, cut off the head and tail, cut up the body into pieces; blanch, and drain them; warm in butter and a little flour until brown; moisten with white wine and stock, season with salt, a bouquet of mixed herbs and mushrooms; skim all grease off the sauce; reduce, thicken it with yolks of egg, flavour with lemon-juice, and serve.

JULY 11.

Potage à la purée d'artichauts.	Purée of artichokes.
Fraise de veau au naturel.	Stewed neck of veal.
Moules à la poulette.	Mussels à la poulette.
Filet de bœuf rôti.	Roast fillet of beef.
Pommes de terre frites.	Fried potato chips.
Darioles duchesse.	Duchess loaves.

Stewed neck of veal.

Soak a neck of veal in luke-warm water, blanch it in boiling water for ten minutes; drain, skin, and boil in water; season with a lump of butter mixed with a little flour, salt, pepper, onions, carrots, parsnips, a bouquet of parsley, chives, a head of garlic, and two heads of cloves; when cooked, remove the veal, reduce the sauce, pass through a tammy, add some chopped gherkins and a few drops of vinegar, and hand in a sauceboat, at the same time as the veal.

Mussels à la poulette.

Thoroughly wash and clean the shells, cook in white wine, and as soon as the mussels begin to open, remove either half or the whole of the shells; place the mussels in another saucepan with some butter, coarse black pepper, a pinch of grated nutmeg, chopped chives and parsley, toss, stir in a little butter, and moisten with stock and some of the liquor in which the mussels were boiled, which pass through a tammy, boil for a few seconds, thicken the sauce with yolks of egg, and serve.

JULY 12.

Potage à la purée de pommes de terre.	Purée of potatoes.
Matelote marinière.	Stewed carp, pike, perch, barbel, and eel.
Filets de pigeons à la Duxelles.	Fillets of pigeon à la Duxelle.
Filet de porc rôti.	Roast fillet of pork.
Choux-fleurs au gratin.	Baked cauliflower and bread-crumbs.
Abricots à la Condé.	Apricots à la Condé.

Fillets of pigeon à la Duxelle.

Cut, trim, and beat a dozen fillets of pigeon, sprinkle with salt, and cook in a saucepan with some butter; when done, drain, leave until cold, glaze with cold Duxelle sauce (see 25th of May); sprinkle with bread-crumbs, egg and bread-crumb a second time. Just before serving, brown the fillets in clarified butter, drain, place round an entrée dish, fill the centre with chopped mushrooms cooked in Provençale sauce (see 26th of December), and hand thin Spanish sauce in a sauceboat.

Apricots à la Condé.

Stew your apricots in clarified sugar, place round a hot croustade of rice (see 8th of July), garnish with dried cherries and strips of angelica, and cover with a syrup made of apricot marmalade and Madeira. Serve very hot.

JULY 13.

Potage aux haricots verts.	Clear soup with French beans.
Raie au beurre noir.	Skate, black butter sauce.
Oreilles de veau farcies.	Stuffed calf's ears.
Gigot rôti.	Roast leg of mutton.
Haricots verts à la poulette.	French beans à la poulette.
Meringues à la crème.	Meringues with cream.

Stuffed calf's ears.

Singe, blanch, and drain the ears, scrape them thoroughly, and place in a stew-pan, covered with slices of bacon; add some carrots, onions, a bouquet of mixed herbs, and slices of lemon; moisten with equal quantities of stock and white wine, and simmer over a slow fire; when done, drain the ears, and stuff them with forcemeat, egg and bread-crumb, fry, and serve with clear gravy.

French beans à la poulette.

Choose some young and tender French beans, remove all fibres by breaking off the ends; wash, and boil in boiling water; when done, toss them in melted butter seasoned with chopped chives and parsley; stir in a little flour, a pinch of salt, and some stock, reduce the sauce, thicken with yolks of egg, flavour with a few drops of lemon-juice, and serve.

JULY 14.

Consommé au tapioca.
Côte de bœuf braisée.
Côtelettes de lapereaux à la sauce tomates.
Dindonneau au cresson.
Purée de fèves aux croûtons.

Darioles à la pâtissière.

Clear soup with tapioca.
Braised ribs of beef.
Young rabbit cutlets with tomato sauce.
Turkey poult with watercress.
Purée of broad beans with fried sippets of bread.
Duchess cakes à la pâtissière.

Young rabbit cutlets with tomato sauce.

Divide the legs of your rabbits into two pieces, bone, and cut into the shape of cutlets, cover with forcemeat made of rabbit trimmings, bread-crumbs, and mixed herbs, stick some of the larger bones into them, so as to give the appearance of real cutlets; warm in butter, flatten between two plates, and when cold, trim, egg over, and place in a saucepan with clarified butter; when a good colour, drain, and serve, covered with thin tomato sauce.

Duchess loaves a la pâtissière.

Take an ounce of melted butter, three tablespoonsful of powdered sugar, two tablespoonsful of flour, half the peel of a lemon very finely minced, dried orange flowers, four yolks of egg, a pinch of salt, and a tumblerful of cream; stir well together, and pour into small moulds; bake, and when done turn out of the moulds, and hand, sprinkled with powdered sugar.

Capsicum butter.

Pound some dried capsicums, and stir into butter; it is generally used for sandwiches.

JULY 15.

Purée de légumes au croûtons.	Purée of vegetables with toast.
Lottes à la prussienne.	Eel pout à la prussienne.
Côtelettes de mouton jardinière.	Mutton cutlets à la jardinière.
Longe de veau rôtie.	Roast loin of veal.
Aubergines à la provençale.	Egg plants à la provençale.
Compote de pêches.	Compote of peaches.

Eel pout à la prussienne.

Warm a large slice of ham in a stew-pan, leave until the fat begins to melt; moisten with two tumblersful of champagne, a small cupful of brown thickening, the same quantity of strong gravy, a wine-glassful of olive oil, a bouquet of parsley, chives, laurel leaves, and a sliced onion; boil for an hour, and pass through a tammy. Scrape and clean out your eel pout, leave the livers, sprinkle with salt and pepper, and cook in the sauce; when done, remove the pout, reduce the sauce; and pour over the fish.

Roast loin of veal.

Choose a fine loin, trim it, and skewer on to the spit, cover with buttered sheets of paper; roast for three hours, and serve with its own gravy.

Compote of peaches.

Dry your peaches in a cloth, and place in a preserving-pan, either whole or cut in half; pour some thick syrup over them, cover with a sheet of white paper, and boil for a few minutes; pour into a glass dish, and serve when cold. This compote can be flavoured with a few drops of elder-flower water, if preferred.

JULY 16.

Consommé aux croûtes grillées.	Clear soup with toast.
Brème grillée à la maître d'hôtel.	Broiled bream à la maître d'hôtel.
Langue de bœuf à l'italienne.	Ox-tongue à l'italienne.
Canard rôti.	Roast duck.
Concombres farcis.	Stuffed cucumbers.
Tarte aux fraises.	Strawberry tart.

Stuffed cucumbers.

Cut your cucumbers into slices about two inches thick, do not use the ends; peel, and remove all the pips, scald for ten minutes, dip into cold water, and drain; line a tin or plated dish with slices of bacon cut very thin; stuff the cucumber-rings with forcemeat (see 24th of July), wrap up in slices of bacon, which tie round with a string; moisten with two tumblersful of stock, and bake for twenty minutes in a slow oven; when done, drain the cucumber, take off the slices of bacon, and dish up, covered with the following sauce:—Take a quarter of a pound of butter and an ounce of flour, brown and moisten with stock and two tablespoonsful of meat glaze, stir over the fire with a wooden spoon for twenty minutes, pass through a fine sieve, and flavour with a few drops of lemon-juice.

Filbert butter.

Pound twelve filberts and three ounces of butter thoroughly in a mortar, season with finely-chopped parsley, chives, and tarragon leaves, and use for sandwiches at supper, or as a small side-dish.

JULY 17.

Brunoise aux pois.	Brunoise soup with peas.
Bar sauce au fenouil.	Bass, fennel sauce.
Gigot braisé.	Braised leg of mutton.
Pigeons rôtis.	Roast pigeons.
Pommes de terre à la Macaire.	Fried potatoes à la Macaire.
Gâteau d'amandes.	Almond cake.

Fried potatoes à la Macaire.

The following amusing anecdote will explain the origin of this dish. Louis Philippe and his family were breakfasting at the Tuileries one morning, and the Prince de Joinville was so absorbed giving an account of one of his voyages, that he refused a splendid dish of fried potatoes which was handed to him; but his narrative finished, he turned round and asked for potatoes, but such justice had been done to the dish that not a crumb was left; a footman ran to the kitchen for more, but there were none ready; there was no time for hesitation; the audacious chef threw the trimmings of the potatoes served at the royal table into a frying-pan with a large lump of butter, tossed the misshapen pieces until a golden colour, pleasing to the eye, and further adorned by a dash of finely-chopped parsley; the prince found the potatoes so good that he inquired the name of the dish; no one knows what answer he received, as being very deaf he repeated, "Ah, fried potatoes à la Macaire; I find them excellent and hope they will often be served." The king and princes laughed so heartily that the tears rolled down their cheeks; but the deed had been done, and potato trimmings cooked in a frying-pan had received their baptism.

JULY 18.

Potage julienne.	Julienne soup.
Barbeau à l'étuvée.	Stewed barbel.
Boudin de lapin à la Richelieu.	Boudin of rabbit à la Richelieu.
Quartier d'agneau rôti.	Roast forequarter of lamb.
Navets à la demi-glace.	Glazed turnips.
Compote d'abricots verts.	Compote of green apricots.

Stewed barbel.

Scale, clean out a barbel, boil in red wine, and season with salt, black pepper, a large lump of butter, a bouquet of mixed herbs, and two heads of cloves; when done, dish up the barbel, thicken the sauce with a little flour and butter, pass through a tammy, and pour over the fish.

Boudin of rabbit à la Richelieu.

Cut all the meat off a rabbit, pound, pass through a tammy, and stir into some baked potatoes, which have been mashed; season with salt, pepper, and a little chopped fried onion, and pound well together. Make some forcemeat with breasts of chicken, pickled tongue, truffles, and thin German sauce; roll into the shape of a pudding, cover with a thick layer of the pounded rabbit, and lay in a stew-pan on a buttered drainer, poach it in hot stock, be careful not to let it boil; when done, drain and leave until cold; egg and bread-crumb, broil over hot cinders; when a good colour, dish up, and cover with either brown or white Italian sauce, or better still with perigueux sauce.

JULY 19.

Pot-au-feu.	Pot-au-feu, or uncleared stock.
Pièce de bœuf bouilli, garnie à la flamande.	Boiled beef à la flamande.
Raie à la sauce blanche.	Skate with white sauce.
Galantine de lapereaux.	Galantine of young rabbits.
Macaroni au gratin.	Maccaroni with bread-crumbs.
Mousse aux fraises.	Whipped strawberries and cream.

Galantine of young rabbits.

Bone your rabbits, leave the heads, cut off some of the spare meat without spoiling the shape of the rabbits, mince it up with the same quantity of bacon; season with salt, pepper, pounded herbs, and finely-chopped truffles; lay the rabbits on a cloth, spread a layer of the forcemeat on them, slices of ham, bacon, and truffles; then a second layer of forcemeat and slices of ham; when the rabbits are full, sew them up to their original shape, and place in a stew-pan, lined with slices of bacon, surround them with carrots, onions, a bouquet of parsley, laurel leaves, thyme, salt, and coarse black pepper; moisten with equal quantities of stock and white wine, cover the whole with slices of bacon and a buttered sheet of paper; cook over a slow fire; when done, take the stew-pan off the fire, and leave the rabbits in it for half an hour; remove the paper and bacon, dish up the rabbits; pass the sauce through a tammy, skim off all grease, clarify it with whipped white of egg, reduce, and pour over the rabbits, and leave until a jelly, or pour into a dish, and when set, cut into squares, with which garnish the rabbits.

Kluskis or meat cakes.

Mince two pounds of fresh pork very fine, add some bread-crumb soaked in wine, a little grated lemon peel, salt and pepper; roll into balls, flatten them, and fry in butter until a good colour.

JULY 20.

MENU EN MAIGRE.[1]	BILL OF FARE FOR FAST DAY.
Potage à la Monaco.	Soup à la Monaco.
Colin frit.	Fried whiting pollock.
Casserole maigre de laitance.	Stewed roe for fast day.
Homard en rémoulade.	Lobster, rémoulade sauce.
Concombres à la crème.	Cucumbers with béchamel sauce.
Tarte aux cerises.	Cherry tart.

Royal sticks.

This name is given to a very finely-chopped forcemeat made of either fowl or game, with minced herbs, bread-crumbs, salt, pepper, and cream; roll into very thin round sticks, and fry in butter; they are either used to garnish a joint of beef, or to be served as a small side-dish, garnished with fried celery.

Cucumbers with béchamel sauce.

Peel, and remove all pips from your cucumbers, cut into slices, and blanch in salt and water, drain, dip into cold water, dry in a cloth, and warm in a little cream, flour, and butter, or in béchamel sauce for fast day; do not let the sauce boil, and serve as soon as cooked.

Compote of green apricots.

Peel and soak some green apricots in cold water for half an hour; cook them in warm water with a few sorrel leaves, place the lid on the saucepan, and leave on the fire until the fruit is a good green colour, drain, and when cold, cover them with sugar, cook in a preserving-pan, and just before taking off the fire add two tablespoonsful of essence of spinach.

JULY 21.

Potage aux pâtes d'Italie.	Clear soup with Italian paste.
Anguille aux montants de laitues.	Fricassée of eel with lettuces.
Croquettes de palais de bœuf.	Ox palate croquettes.
Poulets bardés rôtis.	Roast fowls.
Épinards à la crème.	Spinach with cream.
Beignets d'abricots.	Apricot fritters.

Fricassée of eel with lettuces.

Cut up an eel into large pieces, and cook the same as fricassée of fowl (see 23rd of March). Boil some fine lettuces in salt and water, add a lump of butter, drain, and place in the stew-pan with the eel, flavour with lemon-juice and black pepper, thicken the sauce with yolks of egg, and serve garnished with fried sippets of bread.

Ox palate croquettes.

Boil the ox palates in salt and water, split them in half, and simmer for half an hour, over a slow fire, in strong stock, seasoned with a head of garlic, two cloves, thyme, laurel leaves, salt, and pepper; drain, and when cold, spread a teaspoonful of forcemeat on each piece, and roll into the shape of a cork. Stir a tablespoonful of olive oil, a tumblerful of white wine, and a little salt into some batter until nearly liquid, dip the palates in it, fry, and serve, garnished with parsley.

JULY 22.

Potage printanier aux quenelles.	Spring soup with quenelles.
Poule au riz.	Chicken and rice.
Paupiettes de merlans.	Baked fillets of whiting.
Jambon au naturel.	Boiled ham.
Salade de légumes.	Vegetable salad.
Plum pouding excellent.	Excellent plum pudding.

Braised leg of mutton.

Bone the leg, lard it with highly-seasoned bacon, tie it up to its original shape, and place in a braising-pan, cover it with slices of bacon, season with carrots and a bouquet of mixed herbs, moisten with water, and cook over a moderate fire for three hours; when done, cut the string, and dish up the mutton, garnish it with the carrots, reduce the sauce, and pour over it.

Excellent plum pudding.

Take a pound of chopped suet, a pound of currants, a pound of stoned raisins, eight yolks of eggs, four whites, half a pound of bread-crumbs, a pound of flour, a pound of sugar, half a grated nutmeg, a dessert-spoonful of powdered ginger, a pinch of salt, half a tumblerful of rum or brandy, some thin slices of citron, mixed peel, and grated lemon peel. Beat the eggs, stir them into a tumblerful of milk, and add the flour and the other ingredients to it; if too dry, moisten with milk; tie up in a pudding-bowl, and boil for five or six hours. Serve with either Madeira or rum sauce.

JULY 23.

Riz à la crème lié.	Purée of rice.
Vives grillées sauce rémoulade.	Broiled weaver, rémoulade sauce.
Côtelettes de pigeons aux petits pois.	Pigeon cutlets with green peas.
Rosbif rôti.	Roast beef.
Pommes de terre au beurre.	Potatoes with butter.
Gâteau fourré d'abricots.	Apricot puffs.

Pigeon cutlets with green peas.

Draw and singe six young pigeons, cut them in half, remove all bones except the legs, sprinkle with salt, and warm in butter, drain, and press between two plates until quite flat and cold; trim them to the shape of cutlets, stuff them with forcemeat made of bread-crumbs, butter, and mixed herbs; egg and bread-crumb, and broil over a moderate fire, moisten with melted butter when you turn the cutlets; when done, place round an entrée dish, and fill the centre with green peas.

Poor man's sauce.

Take equal quantities of water and vinegar, flavour with lemon-juice, chopped eschalots, salt and pepper; do not let the sauce boil, but cook over a moderate fire. This is an excellent sauce in which to warm up a cold leg of mutton.

Peaches à la Condé.

Cook the same as apricots à la Condé (see 12th of July).

JULY 24.

Potage purée de pois verts.	Purée of green peas.
Épaule de mouton en ballon.	Braised shoulder of mutton.
Lapereaux sautés aux fines herbes.	Stewed young rabbits with mixed herbs.
Tanches frites.	Fried tench.
Omelette à la jardinière.	Omelet à la jardinière.
Pêches à la Condé.	Peaches à la Condé.

Stewed young rabbits with mixed herbs.

Warm some chopped parsley, eschalots, and mushrooms in butter; when done, add two young rabbits cut into joints; season with pepper, salt, grated nutmeg, and a bouquet of mixed herbs; toss over a quick fire, moisten with a tumblerful of white wine, leave on the fire for twenty minutes with hot coals on the lid of the stew-pan; sprinkle with flour, stir in a lump of meat glaze, the juice of a lemon, and some butter. Dish up in a pyramid.

Omelet à la jardinière.

Stew some chopped mushrooms, carrots, turnips, French beans, herbs, young green peas, and broad beans in stock; when done, stir in a little brown thickening; take half the vegetables, beat together with twelve eggs, and cook your omelet in the usual manner. Serve, covered with the remainder of the stewed vegetables.

Forcemeat for cucumbers.

Chop up a pound of fillet of veal, without gristle or fat, with a pound of fat from the calf's kidney; season with salt, pepper, and a pinch of grated nutmeg; moisten with a wine-glassful of milk, and pound until quite smooth, when it will be ready for use.

JULY 25.

Potage à la reine.	Soup à la reine.
Soles bouillies sauce au persil.	Boiled soles with parsley.
Filet de bœuf sauce madère.	Fillet of beef, Madeira sauce.
Galantine de volaille.	Galantine of fowl.
Haricots verts sautés.	French beans with butter.
Meringues aux fraises.	Strawberry meringues.

Soup à la reine.

There are two ways of preparing this soup. One is, to boil a fowl in stock with a bouquet of mixed herbs, onions, carrots, salt and pepper; when done, leave the fowl until cold, skin it, cut off all meat, and pound with a lump of bread-crumb which has been soaked in the stock, pass through a tammy; and warm in the liquor of the fowl, after squeezing it through a cloth; do not let it boil. Pound some blanched almonds, stir them into a little cream, pass through a fine cloth, and add to the soup just before serving; place some small chicken quenelles about the size of peas in the soup-tureen, and pour the soup over them. Another way of preparing this soup is to pound up the meat and bones of a cold roast chicken, after removing the skin and fat, simmer the pounded meat in either veal or chicken broth, stir in some bread-crumbs soaked in stock, pass through a tammy, if too thick add a little veal broth; flavour with almond cream as above, and garnish with quenelles of chicken.

Lemon sauce.

Peel a lemon, remove all the pips, and slice it; chop up into dice, and warm in a saucepan with the minced liver of a chicken, which has been blanched, and some butter; when done, serve in a sauceboat.

JULY 26.

Purée d'artichauts aux croûtons.	Purée of artichokes with fried bread.
Esturgeon en fricandeau.	Fricandeau of sturgeon
Châteaubriand garni de pommes soufflées.	Broiled fillets of beef à la Châteaubriand with fried potatoes.
Pâté de foie gras.	Pâté de foie gras.
Buisson d'écrevisses.	Crayfish.
Beignets aux confitures.	Jam fritters.

Fricandeau of sturgeon.

Cut up a piece of sturgeon into slices about five inches thick, skin them, lard with fine fillets of bacon, sprinkle with flour, and lay in a stew-pan on melted bacon, with the larded sides downwards; when brown take off the fire. Chop up some mushrooms, and lay them in a tin dish, moisten with essence of ham, lay the fillets of sturgeon on this, with the larded sides upwards, cover the dish, and simmer in a very slow oven for an hour.

Scalloped quenelles of carp, eel pout, cod, or whiting.

Prepare the same as scalloped mussels (see 22nd of October), with the following exceptions:—With scalloped whiting use a little fresh herring; with cod stir in some double cream; and with carp add some chopped eel. A great improvement to this dish is, if possible, to add some pounded truffles, which have been boiled in stock.

Jam fritters.

Cut some small sponge cakes in half, spread both halves with jam, moisten the edges with water, stick them firmly together; add three whipped whites of egg to some batter, made with white wine, dip the cakes into it, and fry; when done, drain, place them on a board, sprinkle with icing sugar, and glaze in the oven, or with the salamander.

JULY 27.

Potage croûte au pot.	Clear soup with gravy crusts.
Bœuf bouilli sauce à la bourgeoise.	Boiled beef, sauce à la bourgeoise.
Lapins en gibelotte.	Stewed rabbits and onions.
Poularde rôtie.	Roast fowl.
Friture de choux-fleurs.	Cauliflower fritters.
Bavarois aux framboises.	Bavarian strawberry cream.

Sauce à la bourgeoise.

Take a large tablespoonful of chopped and blanched parsley, chervil, and tarragon leaves, stir into a teacupful of stock, add a dessert-spoonful of meat glaze, two teaspoonsful of French mustard, the same quantity of powdered sugar, and, just before serving, flavour with lemon-juice and a little white pepper, This sauce is generally handed with boiled beef or boiled fowl.

Stewed rabbits and onions.

Soak half a pound of bacon in water for two hours; cut it up into dice, and brown in butter; add two rabbits cut into joints; at the end of five minutes stir in two tablespoonsful of flour, season with salt, pepper, grated nutmeg, a bouquet of mixed herbs, and an onion stuck with two cloves; moisten with a bottle of white wine, and cook over a slow fire for three-quarters of an hour; whilst the rabbit is cooking, brown about twenty small young onions, take a few spoonsful of the liquor in which the rabbits are cooking, warm the onions in it, and add a basket of button mushrooms, and a small lump of sugar. When the rabbits are cooked, dish them up, pass the sauce through a tammy, skim off all grease, reduce, and pour over them. Place the onions and mushrooms round the dish.

JULY 28.

Consommé aux pommes de terre.	Clear soup with potatoes.
Saumon sauce crevettes.	Salmon, shrimp sauce.
Poitrines d'agneau à la maréchale.	Lambs' breasts à la maréchale.
Pintades rôties.	Roast guinea-fowl.
Haricots blancs à la maître d'hôtel.	Haricot beans à la maître d'hôtel.
Œufs à la neige.	Poached whites of eggs.

Lambs' breasts à la Maréchale.

Braise two breasts of lamb (see 28th of May); when cooked, drain, and press between two dishes until cold; trim them into the shape of a heart, leave one bone, so as to give the appearance of a large cutlet, dip into German sauce, bread-crumb, plunge into beaten yolks of egg mixed with melted butter, bread-crumb a second time, broil for a minute, and serve with clear gravy.

Tendons of veal with white sauce.

Line a stew-pan with slices of veal and bacon; add the tendons, which have been blanched, drained, and trimmed; season with a bouquet of mixed herbs, carrots, onions, and slices of lemon; moisten with either clear soup or stock, and cook over a moderate fire; when done put the tendons in a clean stew-pan, pass the sauce through a tammy, thicken it with yolks of egg, pour over the tendons, and serve when hot.

Fried dabs.

Scrape your fish, cut off the fins and backbones, split them down the back, sprinkle with salt and pepper, squeeze some lemon-juice over them, and fry in butter. Dish up on a napkin.

JULY 29.

Potage de sagou à la purée de carottes.	Sago soup with purée of carrots.
Limandes frites.	Fried dabs.
Poulets aux huîtres et aux truffes.	Fowls stuffed with oysters and truffles.
Gigot de mouton rôti.	Roast leg of mutton.
Pommes de terre sautées.	Fried potatoes.
Flan de poires à la Madeleine.	Pear tart à la Madeleine.

Fowls stuffed with oysters and truffles.

Roast two fowls, and wrap them up in buttered sheets of paper, so that they may not brown; when done, stuff them with chopped truffles, minced oysters, parsley, and chives, well mixed with butter. Line a stew-pan with butter, sliced truffles, chopped herbs, blanched and trimmed oysters, and a second layer of sliced truffles and mixed herbs; moisten with olive oil, add the fowls, and simmer over a very slow fire for ten minutes; dish up the fowls with the truffles and oysters, add half a tumblerful of stock, and the same quantity of white wine to the sauce, boil it, skim off all grease, flavour with lemon-juice, and pour over the fowls.

Haricot beans à la maître d'hôtel.

Soak your beans for twenty-four hours (if not fresh ones), blanch and boil in boiling salt and water; drain, and when cold, warm them in a saucepan with butter seasoned with chopped parsley, chives, salt and pepper; thicken the sauce with yolks of egg mixed with stock or some of the liquor in which the beans were boiled, and flavour with either a few drops of vinegar or lemon-juice.

JULY 30.

MENU EN MAIGRE.
Bouillabaisse.
Poisson.
Croquettes de riz aux champignons.
Choux farcis à la russe.
Carpes frites.
Kluskis au fromage à la crème.

BILL OF FARE FOR FAST DAY.
Bouillabaisse.
Boiled or fried fish.
Croquettes of rice with mushrooms.
Stuffed cabbage à la russe.
Fried carp.
Kluskis of cream cheese.

Bouillabaise.

Wash, clean, and cut up some whiting, gurnet, red mullet, and a small live crayfish. Warm a tumblerful of olive oil, two tablespoonsful of finely-chopped onions, a head of garlic, and a laurel leaf in a large, shallow fish-pan; as soon as the onion begins to brown, add the pieces of fish, season with a little salt, slices of lemon, some fresh or preserved tomatoes, a pinch of powdered saffron, and a tumblerful of white wine; pour in sufficient water to cover the fish, and cook over a very quick fire for fifteen minutes; throw in a tablespoonful of chopped parsley, boil for one minute, and take the fish-pan off the fire; remove the garlic, lemon, and laurel leaf; lay some slices of bread, half an inch thick, in a deep dish, pour the fish liquor over them; when thoroughly soaked, place the best pieces of fish in the dish, and serve.

JULY 31.

Potage aux pâtes d'Italie avec Parmesan.	Clear soup with Italian paste and Parmesan cheese.
Moules à la marinière.	Mussels à la marinière.
Filet sauté madère.	Fillet of beef with Madeira sauce.
Dindonneau rôti.	Roast turkey poult.
Carottes à la ménagère.	Carrots à la ménagère.
Flan de prunes.	Plum tart.

Mussels à la mariniere.

Take the mussels out of their shells, and toss them in a saucepan with a large lump of butter and finely-chopped parsley, chives, and garlic; stir in a little black pepper and bread-crumbs. Serve very hot.

Calf's ears fried in batter.

Blanch the ears in boiling water, boil them in veal stock, leave in the saucepan until cold, drain, and cut up into long strips; soak them in vinegar, seasoned with salt and black pepper; dry in a cloth, dip into batter, and fry until a golden colour; drain, and serve, garnished with fried parsley.

Carrots à la ménagère.

Slice your carrots, and boil in stock and white wine, seasoned with coarse black pepper, grated nutmeg, and a bouquet of mixed herbs; when done, dish up the carrots, thicken the sauce with butter and a little flour, and pour over the vegetable.

Gascony butter.

Boil a dozen fine heads of garlic in water, drain, and pound them in a mortar with half a pound of butter, season with salt, a pinch of grated nutmeg, and a little cayenne pepper.

AUGUST 1.

Purée de pois verts.	Purée of green peas.
Poule aux riz.	Boiled fowl and rice.
Escalopes de saumon sauce mousquetaire.	Scallops of salmon, mousquetaire sauce.
Bœuf à l'écarlate.	Boiled salt beef.
Artichauts à la sauce blanche.	Artichokes with white sauce.
Crêpes.	Pancakes.

Mousquetaire sauce.

Pound a small eschalot, a few chervil, tarragon, and cress leaves in a mortar; add a dessert-spoonful of meat glaze, salt, pepper, a pinch of grated nutmeg, and a teaspoonful of mustard; pass through a tammy, moisten with two tablespoonsful of olive oil and a teaspoonful of tarragon vinegar, and serve.

Kluskis of cream cheese.

See 10th of April.

Pancakes.

Make a batter with flour, milk, yolks of egg, a pinch of salt, and a little brandy; melt some butter in a frying-pan, pour in a large tablespoonful of the batter at a time; when done on one side, turn, sprinkle with powdered sugar, fold up in the shape of a small omelet, and serve.

AUGUST 2.

Pilau de riz au gras.
Crouquettes de nouilles.
Gigot de mouton à la polonaise.
Canard sauvage rôti.
Écrevisses à la bordelaise.
Abricots à la Condé.

Pilau of rice.
Croquettes of German paste.
Leg of mutton à la polonaise.
Roast wild duck.
Crayfish à la bordelaise.
Apricots à la Condé.

Pilau of rice.

Wash a quart of rice, and cook in six pints of strong stock, fix on the lid of the saucepan very tight; as soon as the rice begins to boil, add a teaspoonful of powdered saffron, mixed in a little stock; replace the cover, and boil until the rice has absorbed all the stock. It generally takes about an hour and a quarter to cook this dish.

Leg of mutton à la Polonaise.

Braise a very tender leg of mutton until three quarters cooked, drain it, and cut into thick slices without separating them from the bone. Spread a layer of the following stuffing between each slice:—Take a large lump of butter, chopped parsley, chives, eschalots, powdered ginger, salt, pepper, and bread-crumbs, stir well together. Place the mutton in a stew-pan, moisten with some of the liquor in which it was braised, and a wine-glassful of champagne; simmer for half an hour, with hot coals on the lid of the stew-pan; when done, dish up the leg, clear the sauce of all grease, flavour with orange-juice, and pour over the mutton.

German paste croquettes.

Roll some German paste (see 28th of October) into small round balls, bread-crumb, and fry in melted butter.

AUGUST 3.

Potage crème de chicorée à la Colbert.	White chicory soup à la Colbert.
Raie au beurre noir.	Skate with black butter.
Ris de veau en fricandeau.	Fricandeau of sweet-breads.
Poulets rôtis.	Roast fowls.
Pommes de terre au lard.	Potatoes and bacon.
Flan d'amandes vertes à la d'Escars.	Green almond tart à la d'Escars.

White chicory soup à la Colbert.

Blanch the chicory, warm it in butter, moisten with veal stock and cream, thicken with yolks of egg, and pour into the soup-tureen on poached eggs.

Potatoes and bacon.

Brown some bacon cut into dice in butter, stir in a little flour, and moisten with either stock or water; when brown, season with salt, pepper, and a bouquet of mixed herbs; boil for a few minutes, add some raw sliced potatoes; when done, skim off all grease, and serve.

Green almond tart à la d'Escars.

Pound half a pound of either green almonds or filberts in a mortar, with a tablespoonful of candied orange flowers, sufficient sugar to sweeten the nuts, and a pinch of salt; boil a pint of cream; when cold, add to the almonds, with four boiled yolks of egg; stir until a thick cream, and pour into an open tart case of short paste, which has been baked, as the cream must not be cooked; if the weather is hot, it is advisable to place the cream in a refrigerator for an hour.

AUGUST 4.

Potage consommé aux laitues.
Brochet au bleu remoulade à la cosaque.
Poularde en croûte.
Lapereaux rôtis.
Petits pois à l'anglaise.
Mousse aux framboises.

Clear soup with lettuce.
Pickled pike, remoulade sauce à la cosaque.
Braised pullet with white sauce.
Roast young rabbits.
Green peas à l'anglaise.
Whipped raspberries and cream.

Remoulade sauce à la cosaque.

Take two hard-boiled yolks of egg, a blanched eschalot, and a handful of chopped chervil, tarragon, pimpernel, and chive leaves, pound in a mortar; season with salt, pepper, grated nutmeg, a teaspoonful of mustard, and a pinch of cayenne pepper; stir in two tablespoonsful of olive oil, and a teaspoonful of vinegar; pass through a tammy, and serve.

Braised pullet with white sauce.

Lard the pullet with bacon and ham, braise in milk with carrots and onions, and leave until cold. Take a lump of butter, a little flour, salt, pepper, two yolks of egg, and a teacupful of milk; stir over the fire until thick, and add the pullet sprinkled with bread-crumbs; place the stew-pan in the oven until the pullet is browned, and dish it up garnished with thick poivrade sauce.

Green peas à l'Anglaise.

Boil the green peas in boiling salt and water; when cooked, drain and pour them into a vegetable dish over a large lump of fresh butter. Sprinkle the peas with a little finely-chopped parsley, and serve very hot. Hand powdered sugar separately.

AUGUST 5.

Potage julienne.	Julienne soup.
Filets de grondins sauce tomates.	Fillet of gurnet with tomato sauce.
Queues de mouton au riz.	Fried sheep's tails and rice.
Albrans rôtis.	Roast young wild duck.
Épinards à l'ancienne mode.	Old-fashioned stewed spinach.
Macédoine de fruits.	Macédoine of fruit.

Fillets of gurnet with tomato sauce.

Take some fillets of gurnet, cut them up into scallops half an inch thick, and trim them all to the same size; toss over a quick fire in a saucepan, with butter, salt, and white pepper; when done, drain, and place round a dish; fill the centre with tomato sauce, and serve.

Fried sheep's tails and rice.

Scald and blanch the tails, cut off the ends, tie two or three together in a bunch and braise them (see 28th of May). Boil some rice in strong stock, and leave on the fire until it has absorbed all the liquor; when both tails and rice are cold, spread a thick layer of the latter over the tails; dip into egg and bread-crumbs, fry in boiling lard, and serve, garnished with fried parsley.

AUGUST 6.

Purée de potiron.	Purée of leeks.
Côte de bœuf braisée garnie d'oignons farcis.	Braised ribs of beef and stuffed onions.
Lottes à l'italienne.	Eel pout à l'italienne.
Poularde rôtie.	Roast pullet.
Haricots panachés sautés.	French beans and haricots à la maître d'hôtel.
Crème fouettée aux framboises.	Whipped raspberries and cream.

Purée of leeks.

Peel your leeks, cut them up into small pieces, boil in boiling salt and water; when done, pass through a tammy; warm the purée in a saucepan with some butter, a tumblerful of cream, a little sugar, and a pinch of flour; reduce, thicken with yolks of egg, and serve.

Eel pout à l'italienne.

Fry the eel pout and dish them up, covered with the following sauce:—Take a small parsnip, a young carrot, two sliced onions, half a head of garlic, a laurel leaf, and three heads of cloves; warm in either olive oil or butter; moisten with two tumblersful of champagne and a little stock; simmer for an hour, pass through a tammy, skim off all grease, and reduce the sauce if too thin; season with a pounded anchovy, some chopped capers, salt, and coarse black pepper.

Bain-marie.

Whenever a dish is ordered to be cooked in a bain-marie, it means putting the ingredients in a china pot and placing it on the fire in a large saucepan filled with boiling water.

AUGUST 7.

Potage de riz au gras.	Brunoise soup with rice.
Melon.	Melon.
Matelote d'anguille.	Stewed eel.
Ramereaux marinés et frits.	Broiled young ring-doves.
Cuissot de veau rôti.	Roast haunch of veal.
Laitues à la crème.	Lettuces with cream.
Croûte aux fruits.	Fried slices of bread à la normande.

Melon.

See 21st of June.

Broiled young ring-doves.

Pluck, draw, and singe the doves, truss, and cut them in half, beat until flat, and soak for two hours in olive oil, seasoned with salt, mixed spice, and chopped parsley, chives, and mushrooms; dry in a cloth, bread-crumb, and broil them; take some of the olive oil in which they were soaked, stir in a lump of butter, a little flour, chopped capers and eschalots, salt, pepper, and a pinch of grated nutmeg; warm in a saucepan until thick, flavour with vinegar or lemon-juice, and hand with the ring-doves.

Old-fashioned stewed spinach.

Cook the spinach in a saucepan with butter, salt, and grated nutmeg; add a little butter and flour, sugar, and cream; when done, serve with hot strips of light paste.

AUGUST 8.

Potage aux œufs pochés.	Clear soup with poached eggs.
Raie aux fines herbes.	Skate with mixed herbs.
Poulets en fricassée.	Fricassée of fowl.
Filet de bœuf rôti.	Roast fillet of beef.
Salsifis frits.	Fried salsifis.
Tourte aux abricots.	Apricot tart.

Skate with mixed herbs.

Fillet and skin a fine skate, dry between two cloths, and cook in a saucepan with a pint of milk, a lump of butter, a little flour, two slices of lemon, salt, pepper, and mixed herbs; when three quarters done, remove the fillets, drain them, and bake in the oven until a good colour; dish up with either piquante sauce or mixed herb sauce.

Fried salsifis.

Boil your salsifis in water, cut them up into pieces the length of your little finger, dip into boiling water, drain, and soak for an hour in vinegar, seasoned with salt and pepper; dip into batter, fry in butter, and serve.

Apricot tart à la bonne femme.

Peel, stone, and cut your apricots in half, boil in sugar and water; when done, leave until cold. Line a shallow tart mould with light paste, fill it with the apricots, garnish with dried cherries, cover with paste, egg it over with beaten yolks of egg, and bake.

AUGUST 9.

Consommé aux lazagnes.	Clear soup with Italian paste.
Goujons frits.	Fried gudgeon.
Langue de bœuf à la sauce tomates.	Ox-tongue with tomato sauce.
Galantine de dinde.	Galantine of turkey-hen.
Macédoine de légumes en salade.	Mixed vegetable salad.
Pêches à la Richelieu.	Peaches à la Richelieu.

Galantine of turkey-hen.

Draw and singe the turkey, cut it open down the back, bone it, and remove the leg, wing bones, and neck by drawing them inwards, be careful not to cut any part of the skin; cut all the flesh of the turkey into fillets, and keep until required. Take three pounds of chump of veal, a pound and a half of bacon, chopped herbs, spice, salt and pepper, pound in a mortar until quite smooth. Spread a layer two inches thick of this forcemeat on the turkey skin, after which place alternate layers of turkey fillets, slices of ham, pickled pig's tongue, gherkins, pistachio nuts, and truffles, until when sewn together the skin is quite full; cover with slices of bacon, tie it up very tight in a cloth, so that the skin may not give way, and braise (see 28th of May); when done, leave in the cloth until cold; pass the sauce in which it was braised through a fine sieve, clarify it with the white of an egg, and leave in a cool place until set to a jelly; cut into fancy shapes, and garnish the galantine with them.

AUGUST 10.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Pilau de riz au maigre.	Pilau of rice for fast day.
Mulet grillé à la maître d'hôtel.	Broiled mullet à la maître d'hôtel.
Haricot de macreuse.	Haricot of black diver.
Carpes frites.	Fried carp.
Pommes de terre à la sauce blanche.	Potatoes with white sauce.
Omelette soufflée.	Omelet soufflé.

Pilau of rice for fast day.

This is a daily dish amongst the Turks. Boil your rice in salt and water, fix on the lid of the saucepan very tight, and leave on the fire until the rice has absorbed all the water; when done, make a well in the centre of the rice with a wooden spoon, add a large lump of fresh butter, cover it over with rice, and, when dissolved, serve.

Cornflour ramequins.

Boil some cornflour in milk; when nearly done, stir in a little butter, grated Parmesan cheese, pepper, a pinch of grated nutmeg, and a small lump of sugar; take a dessert-spoonful at a time of this paste, place on a wooden slab, garnish the centre of each ramequin with a small lump of Parmesan cheese, and cover over with a little of the cornflour paste; when cold, trim with a round tin cutter, dip into beaten yolks of egg, and fry. Dish up on a napkin.

AUGUST 11.

Potage à la Conti.	Soup à la Conti.
Anguille à la tartare.	Eel with tartare sauce.
Poulet à la hambourgeoise.	Roast chicken à la hambourgecise.
Gigot d'agneau rôti.	Roast leg of lamb.
Œufs au fromage.	Baked eggs and cheese.
Tartes aux cerises.	Cherry tartlets.

Roast chicken à la Hambourgeoise.

Stuff a young chicken with a handful of coarsely-chopped parsley mixed with butter, salt and pepper; roast it, without covering with slices of bacon, and dish up with its own gravy. It generally takes about twenty-five minutes to cook a young chicken in this manner. The stuffing is a great improvement, as young poultry often tastes of the food with which it has been fattened.

Baked eggs and cheese.

Take twelve eggs, whip the whites of six of them, stir into a little flour, hot melted butter, salt and pepper, and pass through a fine sieve. Line the bottom of a tin or plated dish with slices of Gruyère cheese, and thin slices of bread, spread with plenty of butter, pour the eggs over them, and bake; brown with a salamander before serving.

Potatoes with white sauce.

Boil your potatoes in salt and water; when done, peel and slice them as quick as possible, cover with white sauce made with potato flour, and serve very hot.

AUGUST 12.

Potage au pain.	Bread soup.
Pièce de bœuf sauce raifort.	Boiled beef, horseradish sauce.
Filets de lapereaux aux concombres.	Fillets of young rabbit with cucumer.
Canards rôtis.	Roast ducks.
Épinards au jus.	Stewed spinach.
Compote de prunes reine-Claude.	Compote of greengages.

Fillets of young rabbit with cucumber.

Take two large cucumbers, peel and cut them into very thin slices, soak in a deep dish, for two hours, in vinegar and salt, turn them occasionally; press between two plates so as to squeeze out all juice, and warm them in butter, seasoned with a bouquet of parsley, chives, thyme, and a laurel leaf; stir over the fire until a golden colour; add a little flour, moisten with two tumblersful of stock, simmer for half an hour, and see that the sauce thickens. Roast your rabbits; when done, cut off the fillets, warm them with the cucumber, do not let the sauce boil, sprinkle with salt and pepper, and serve.

Compote of greengages.

Prick the greengages with a fork, dip into cold water, drain, and boil in syrup; when done, pour into a glass dish, and serve when cold.

AUGUST 13.

Potage Crécy.	Crécy soup.
Matelote de carpe et d'anguille.	Stewed carp and eel.
Poupiettes de veau.	Stuffed fillets of veal.
Pintade rôtie.	Roast guinea-fowl.
Haricots verts au beurre noir.	French beans with black butter.
Biscuit de Savoie.	Savoy cake.

Stuffed fillets of veal.

Cut up a fillet of veal into slices an inch thick and six inches long, beat until quite flat; spread a layer of meat force-meat on them; roll, and tie round with a string; place in a stew-pan lined with slices of bacon, season with salt and pepper, moisten with half a tumblerful of white wine, and the same quantity of stock, and cook over a slow fire; when done, dish up in a pyramid, pass the sauce through a tammy, clear off all grease, and pour over the fillets.

Savoy, or sponge cake.

Break fifteen eggs, keep the yolks separate from the whites, stir a pound of powdered sugar into the yolks, and flavour with either grated lemon peel or vanilla, beat until frothy; whip the whites to a thick cream, add to the yolks, and stir in a pound of flour; pour into a buttered mould, or into small cases, sprinkle with powdered sugar, and bake; when done, glaze the cake with whipped whites of egg, flavoured with lemon-juice and sugar, and serve when cold.

AUGUST 14.

Potage au tapioca.	Tapioca soup.
Gigot braisé.	Braised leg of mutton.
Laitues farcies.	Stuffed lettuces.
Langouste sauce mayonnaise.	Sea crayfish with mayonnaise sauce.
Pommes de terre sautées.	Fried potatoes.
Macédoine de fruits en gelée.	Macédoine of fruit in jelly.

Stuffed lettuces.

Wash, trim, blanch, and drain your lettuces, remove the centre leaves very carefully, fill with forcemeat of fowl and truffles (see 18th of December), or with quenelle stuffing; tie the lettuces round with string, and cook in a stew-pan lined with slices of veal and bacon; season with carrots, onions, and a bouquet of mixed herbs, and moisten with stock. If the lettuces are preferred in white sauce, they must be warmed in béchamel sauce, thickened with yolks of egg, after being braised.

Macédoine of fruit in jelly.

Take two ounces of gelatine, a pound of crushed sugar, three whipped whites of egg, the juice of a lemon, and a pint of water; warm in a preserving-pan, stir until it boils, and pass through a jelly bag; if necessary, pass it a second time, as the jelly must be perfectly clear; when cold, add half a bottle of champagne to it. Stew some pieces of apple, pear, plums, cherries, and apricots in syrup, leave until cold. Fill a mould with alternate layers of the fruit and jelly, until within half an inch of the top, let the last layer be of jelly, place in the refrigerator until set; turn out of the mould, and serve.

AUGUST 15.

Potage au macaroni avec parmesan.	Maccaroni soup with Parmesan cheese.
Saumon au bleu.	Salmon boiled in court-bouillon.
Fritot de poulets.	Chicken fritters.
Rosbif rôti.	Roast beef.
Petits pois au lard.	Green peas and bacon.
Flan de poires.	Pear tart.

Salmon boiled in court-bouillon.

Clean, wash, and dry your salmon; stuff it with butter, chopped onions, parsley, salt and pepper; sew up the head, place in a fish-pan with court-bouillon (see 18th of May), made with red wine; as soon as it boils, make a smaller fire, and simmer until done, drain, and dish up on a napkin, garnished with fried parsley. Any sauce may be handed with this dish.

Chicken fritters.

Cut up the chicken into joints, and soak for an hour in olive oil, seasoned with slices of lemon, onions, parsley, salt and pepper; drain, sprinkle them with flour, and fry until a good colour; dish up in a pyramid, cover with tomato sauce, and garnish with fried parsley.

Fish patties.

Boil a carp with soft roe, a tench, and an eel, in stock; when done, bone them, pound the flesh in a mortar, with a little white wine and a pinch of grated nutmeg. Half boil some fine oysters. Line the necessary quantity of patty pans with light paste, fill with the pounded fish, garnish the centre of each one with an oyster and a lump of butter, cover with paste, brush over with yolk of egg, and bake.

AUGUST 16.

Potage à la savoyarde.	Soup à la savoyarde.
Tête de veau à l'huile.	Cold calf's head with oil and vinegar.
Gigot de mouton à la russe.	Leg of mutton à la russe.
Bécassines rôties.	Roast snipe.
Aubergines à la provençale.	Egg-plant à la provençale.
Chartreuse de fruits.	Chartreuse of fruit.

Soup à la savoyarde.

Soak some slices of bread for a few seconds in boiling stock, place them in a deep dish, sprinkle with grated cheese; brown in the oven, and pour some boiling vegetable soup for fast day (see 30th of June) over them.

Leg of mutton à la russe.

Choose a tender leg of mutton, beat it, and roast; when three quarters done, take it off the fire, place in a shallow pan, moisten with two large tumblersful of brandy, warm over a slow fire; as soon as the brandy is hot, set fire to it, and keep turning the leg as long as the brandy burns; add a little veal stock or gravy, simmer, and serve very hot; skim all grease off the sauce.

Béchamel sauce with stock.

Stir some butter and flour in a saucepan; when melted, add equal quantities of cream and stock, season with chopped eschalots, parsley, and a pinch of grated nutmeg; reduce the sauce, pass through a hair sieve, and serve.

AUGUST 17.

Potage à l'oseille à la crème.	Sorrel soup with cream.
Matelote savante.	Stewed carp, pike, perch, barbel, and eel.
Canard aux navets.	Stewed duck and turnips.
Quartier d'agneau rôti.	Roast forequarter of lamb.
Concombres farcies.	Stuffed cucumbers.
Pêches à la Bourdaloue.	Peaches à la Bourdaloue.

Stewed carp, pike, perch, barbel, and eel.

Cut up a carp, pike, barbel, perch, and eel into small pieces. Boil the heads and trimmings in equal quantities of white and red wine; pass through a tammy, and cook the fish in this sauce, season with a bouquet of mixed herbs, salt, whole black pepper, and cloves; when done, remove the fish, pass the sauce through a tammy, skim off all grease, reduce, add the same quantity of Spanish sauce to it, or a little thick gravy, a wine-glassful of Madeira, and reduce until quite thick, pass through a tammy into a saucepan, and warm; stir in a lump of fresh butter, a few drops of anchovy sauce, two tablespoonsful of shrimp butter, and a pinch of cayenne pepper. Dish up the fish, garnished with stewed carp's roe, fish quenelles, glazed onions, and stewed mushrooms; pour a little of the sauce over them, and hand the remainder in a sauceboat.

AUGUST 18.

Potage aux queues de bœuf.	Ox-tail soup.
Turbot au four.	Baked turbot.
Selle de mouton braisée.	Braised saddle of mutton.
Pluviers rôtis.	Roast plover.
Œufs durs sauce à la béchamel.	Eggs with béchamel sauce.
Tartelettes aux prunes.	Plum tartlets.

Baked turbot.

Soak the turbot for half an hour in melted butter, seasoned with parsley, mixed herbs, salt, pepper, and a pinch of grated nutmeg; place it in a baking-dish, cover with the seasoning and a little of the oil in which it was soaked; bake, and serve with either Italian or piquante sauce.

Béchamel sauce for fast day, or cream béchamel sauce.

Take a lump of butter, some finely-chopped parsley, and chives; add a teaspoonful of flour mixed in cream; season with salt, white pepper, and a pinch of grated nutmeg; stir over the fire in a saucepan until quite thick, pass through a fine hair sieve, and serve.

Vegetable pie.

Cook some green peas, young broad beans, small carrots, and tender French beans, separately, in cream sauce (see above); place in a baked pie case, divided into compartments by thin pieces of paste, and serve. In winter preserved vegetables may be used for the pie. We have to thank the celebrated Grimod de la Reynière for inventing this dish, which not only pleases the palate but the eye, and is a great addition to our fast-day dinners.

AUGUST 19.

Potage de riz aux petits pois.	Rice soup with green peas.
Mulet grillé.	Broiled mullet.
Croquettes de volailles.	Chicken croquettes.
Filet de bœuf rôti sauce madère.	Roast fillet of beef and Madeira sauce.
Omelette au thon.	Tunny omelet.
Marmelade de mirabelles.	Mirabelle plum marmalade.

Tunny omelet.

Blanch the soft roe of two carps for five minutes in boiling salt and water; chop them up with a piece of tunny the size of a large egg, and an eschalot; toss in a saucepan with a large lump of butter until it has melted, but do not let it boil or it will harden the roe. Melt a second lump of butter, season it with chopped parsley and chives and a little lemon-juice; pour into the dish in which you intend to serve the omelet, and keep it warm in the oven. Beat up twelve fresh eggs, stir in the chopped roe and fish, cook the omelet in the usual manner, but make it rather thick, place in the previously prepared dish, and serve very hot.

Madeira sauce.

Boil two wine-glassesful of Madeira, a quarter of a pound of meat glaze and a little coarse black pepper until reduced to a quarter the original quantity; brown an ounce of flour in an ounce and a half of butter, add to the sauce; simmer for ten minutes, skim, pass through a sieve, and serve.

Mirabelle plum marmalade.

Prepare the same as peach marmalade (see 3rd of October).

AUGUST 20.

MENU EN MAIGRE.
Potage à la Nîmoise.
Thon grillé à la purée d'oseille.
Timbale de nouilles au parmesan.

Carpes frites.
Pommes de terre à la crème.
Pommes meringuées.

BILL OF FARE FOR FAST DAY.
Fish soup à la Nîmoise.
Broiled tunny with purée of sorrel.
Timbale of German paste and Parmesan cheese.
Fried carp.
Potatoes and cream.
Meringue of apples.

Fish soup à la Nîmoise.

Add some yolks of egg to the necessary quantity of fish stock (see 30th of August); stir over the fire until thick, with a wooden spoon. Dip some white crusts of bread in fish stock, place them in the soup-tureen, and add the soup.

Broiled tunny with purée of sorrel.

Soak a thick slice of tunny for two hours in olive oil seasoned with lemon-juice, sliced onions, salt and pepper; broil over a slow fire, and dish up on a purée of sorrel.

Potatoes and cream.

Bake your potatoes in the oven; when done, peel, slice them and warm in béchamel sauce (see 18th of August).

Bread panada made with milk.

Soak the bread-crumbs in milk, stir before the fire until dry; add some yolks of egg, and keep in a covered jar until required. This panada is usually used for forcemeat or quenelles.

AUGUST 21.

Potage de riz au potiron.	Rice and leek soup.
Rosbif à l'anglaise.	Roast beef.
Cervelles frites.	Calf's brain fritters.
Langouste à la broche.	Roast sea crayfish.
Tomates farcies.	Stuffed tomatoes.
Tartelettes de groseilles rouges.	Red gooseberry tartlets.

Rice and leek soup.

Cut up your leeks, and cook in thick veal stock, with two onions stuck with cloves, celery leaves, salt and pepper; when done, pass through a tammy with a lump of butter; add some rice to the purée, which has been boiled, and also mixed with butter, and warm in a stew-pan. Serve when thoroughly done.

Calf's brain fritters.

Cook the brains the same as for stewed calf's head (see 24th of January); drain, slice them, dip into batter, and fry until a good colour; dish up in a pyramid, covered with Italian sauce.

Roast sea crayfish.

Skewer the crayfish on to the spit, and roast before a large fire; baste with melted butter mixed with champagne and seasoned with salt and pepper; when done, which you can tell by the shell getting soft, dish up, pass the dripping through a sieve, and flavour it with lemon-juice, a wine-glassful of champagne, a pinch of salt, and a little mixed spice; pour over the crayfish, and serve.

Timbale of German paste.

Prepare the same as timbale of maccaroni (see 1st of November); only use German paste instead of maccaroni.

AUGUST 22.

Potage julienne.	Julienne soup.
Noix de veau braisée.	Braised chump of veal.
Raie frite.	Fried skate.
Canards sauvages rôtis.	Roast wild duck.
Haricots blancs à la moelle.	Haricot beans and marrow.
Croûte aux abricots.	Fried slices of brioche with apricots.

Fried skate.

Blanch a large piece of skate, cut it up into fillets, and soak for five hours in vinegar and melted butter, seasoned with chopped herbs, salt and pepper; dry them in a cloth, dip into milk, sprinkle with flour, fry over a quick fire, and serve, garnished with fried celery leaves.

Haricot beans and marrow.

Boil some fresh haricot beans in salt and water with an onion; when done, drain, and warm them in beef marrow; season with salt, black pepper, and the juice of a lemon.

Spanish sauce.

People often think that this sauce is very expensive to make, but the following recipe will show how simple it is to prepare. Cut up some trimmings and giblets of fowl, a little veal, and a slice of ham; warm in butter until brown, moisten with a tumblerful of white wine and the juice of a lemon, add a little stock, and simmer by the side of the fire for several hours; pass through a tammy, clear off all grease, and thicken with a little meat glaze.

AUGUST 23.

Potage bisque d'écrevisses.	Crayfish soup.
Moëlle à la Orly.	Marrow à la Orly.
Poularde en tortue.	Stuffed pullet, turtle fashion.
Filet de bœuf piqué rôti.	Roast larded fillet of beef.
Céleri au jus.	Stewed celery.
Compote de poires.	Compote of pears.

Stuffed pullet, turtle fashion.

This is a very pretty entrée, and easy to dress. Bone your pullet, stuff it with forcemeat (see 6th of April) and savory forcemeat (see 28th of August), sew it up, turn the skin of the neck half over the head, and cut off part of the comb, which will give it the appearance of a turtle's head; blanch and singe four chicken's feet, cut off the claws, and stick two where the wings ought to be, and two in the thighs, so as to look like turtle's feet; stew the pullet (see 26th of September); when done, cut the string with which it was sewn, lay it on its back in a dish, garnish the breast with sliced truffles, cut in the shape of shells, and place a crayfish tail to represent the turtle's tail. Hand any sauce which may be fancied with this dish.

Velouté sauce.

Prepare the same as Spanish sauce, but do not brown the ingredients; add a little flour, moisten with either stock or boiling water; season with pepper, salt, and a bouquet of mixed herbs; when cooked, pass through a tammy, and keep in a covered jar until required.

AUGUST 24.

Potage de riz à la purée de laitues.	Rice soup with purée of lettuce.
Éperlans à l'anglaise.	Smelts à l'anglaise.
Sarcelles aux olives.	Stewed teal and olives.
Porc frais rôti.	Roast pork.
Pommes de terre sautées.	Fried potatoes.
Tourte de cerises.	Cherry tart.

Smelts à l'anglaise.

Clean, scale, wash, and dry the smelts; boil them in equal quantities of white wine and water, two tablespoonsful of olive oil, and season with salt, pepper, and half a lemon, peeled and sliced; when done, dish up covered with the following sauce. Take two tumblersful of white wine, a lump of butter mixed with a little flour, salt, pepper, the juice of a lemon, a head of garlic blanched and pounded, and chopped parsley and chives; warm in a saucepan, and pour over the fish.

Stewed teal and olives.

Pluck, draw, singe, and truss your teal, warm in their own fat, after which either roast or braise them. Soak some olives, stone them, and simmer in reduced stock, add a little Spanish sauce or gravy, and some of the liquor from the braise, and dish up the teal on the stewed olives.

Virgin cream.

Blanch and pound two ounces of Jordan almonds, moisten with a little water, place in a fine hair sieve, and pour a pint of boiled reduced cream over them, pass twice through the sieve, flavour with lemon or vanille, stir in a little powdered sugar, pour into small china moulds, and cook in a bain-marie.

AUGUST 25.

Potage napolitain.	Neapolitan soup.
Esturgeon au four.	Baked sturgeon.
Chapon à la régence.	Capon à la régence.
Cochon de lait rôti.	Roast sucking-pig.
Haricots verts à l'anglaise.	French beans à l'anglaise.
Macédoine de fruits.	Macedoine of fruit.

Neapolitan soup.

Make some game quenelles, and poach them in stock; soak some small round slices of bread-crumb in the same stock, place bread and quenelles in a soup-tureen, and pour the necessary quantity of soup over them.

Baked slice of sturgeon.

Lay a fine slice of sturgeon in a tin dish, sprinkle with a little olive oil, the juice of a lemon, chopped mixed herbs, salt and pepper; bake, and when done, place in another dish, pass the sauce through a tammy, pour over the fish, and hand rémoulade sauce separately.

Capon à la régence.

Truss your capon for boiling, brown it in butter, lard the breast with fine fillets of bacon, braise it (see 28th of May) with Madeira, and serve, garnished à la financière (see 18th of March).

Tendons of veal with green peas.

Cut off the best parts of the tendons, trim them all to the same shape; blanch, drain, and warm in butter, moisten with stock, season with a bouquet of mixed herbs, salt and pepper; when done, stir in some green peas which have been stewed in stock, and serve.

Roast leg of mutton.

Choose a tender leg of mutton, beat it, fix on to the spit, and roast for an hour and a half; serve with its own gravy.

AUGUST 26.

Potage de riz à la turque.	Rice soup à la turque.
Meunier aux oignons glacés à l'allemande.	Stewed chub with glazed onions.
Cervelles de veau en brochette.	Broiled calf's brains.
Aloyau à l'anglaise.	Sirloin of beef à l'anglaise.
Œufs farcis à la sauce tomates.	Stuffed eggs with tomato sauce.
Petites tartelettes de poires.	Pear tartlets.

Rice soup à la turque.

Boil your rice in stock, flavour with a little saffron, leave on the fire until all the stock is absorbed, and place in a buttered mould. Make some mutton broth in the same manner as uncleared stock, do not skim off the grease, and pour into a soup-tureen. Turn the rice out of the mould, and serve with the broth.

Stewed chub with glazed onions.

Cook the chub the same as stewed carp (see 1st of March), and dish up, garnished with glazed onions, and covered with German sauce.

Broiled calf's brains.

Skim and blanch the brains, cut into round slices; have some boiled calf's udder and truffles, slice to the same shape as the pieces of brain, and fix them alternately on to small skewers; dip into velouté sauce, to which you have added a lump of butter, the juice of a lemon, and two or three yolks of egg; when cold, dip into melted butter, and bread-crumb them; repeat this, and broil until a golden colour. Cover with any highly-seasoned sauce.

AUGUST 27.

Potage aux pois chiches.	Chick pea soup.
Vives à la normande.	Weavers à la normande.
Côtelettes de porc frais sauce ravigote.	Pork cutlets, ravigote sauce.
Poulets rôtis.	Roast chickens.
Choux-fleurs au gratin avec parmesan.	Baked cauliflower with bread-crumbs.
Petits pots de crème.	Virgin cream.

Chick pea soup.

Soak the peas for twenty-four hours in water in which spinach has been boiled; cook them in water, season with onions, a bouquet of mixed herbs and salt; sprinkle some slices of bread with olive oil or melted butter, place in the soup-tureen, pour some of the boiling soup over them; when swollen, add the remainder of the soup and peas, and serve.

Weavers à la Normande.

Clean and scrape the weavers, be careful not to prick your fingers with the fins, as they are poisonous; cut off the heads and tails, lard them with fillets of eel and anchovy, and cook in white wine, seasoned with carrots, onions, butter, parsley, cloves, thyme, and laurel leaves; when done, pass the sauce through a tammy, stir in a lump of butter mixed with flour, boil and pour over the weavers, dish up, and squeeze some lemon-juice over them.

Weavers à la Bordelaise.

Prepare in the same manner as above, only serve covered with Italian sauce.

Pork cutlets.

Trim your cutlets, leave a little fat, beat them until flat, sprinkle with salt and bread-crumbs, grill over a slow fire, and serve with ravigote sauce.

AUGUST 28.

Potage croûte au pot.	Soup with fried gravy crusts.
Rougets sauce aux huîtres.	Red mullet, oyster sauce.
Canards sauvages en salmis.	Salmis of wild duck.
Rognon de veau rôti.	Roast calf's kidney.
Artichauts à l'essence de jambon.	Stewed artichokes with essence of ham.
Tartelettes à la vanille.	Vanilla tartlets.

Salmis of wild duck.

Wrap up two or three wild duck in buttered sheets of paper, roast until three quarters done, cut them up into joints, and keep warm in a saucepan by the fire-side, with their dripping. Boil the trimmings in two tumblersful of red wine, season with half an eschalot, cloves, and a pinch of white pepper; when reduced one half, pass through a tammy into a saucepan, stir in a lump of meat glaze, grated crust of bread, a tablespoonful of olive oil, and the juice of a lemon; dish up the pieces of duck, pour the sauce over them, and garnish with sippets of fried bread. This salmis can also be made with scraps of cold wild duck remaining from the previous day's dinner.

Savory forcemeat.

This forcemeat is composed of minced ham, onions, sweetbreads, truffles, and mushrooms. First warm the ham and onion in either melted butter or lard, add the other ingredients; moisten with stock, and boil; stir in some yolks of egg and lemon-juice before taking off the fire. Chicken's breasts, foie gras, kidneys, or cockscombs can be added to this forcemeat.

AUGUST 29.

Potage au riz.	Rice soup.
Filets de grondins sauce tomates.	Fillets of gurnet, tomato sauce.
Ris de veau à la provençale.	Sweet-breads à la provençale.
Filet de bœuf rôti.	Roast fillet of beef.
Quenelles de pommes de terre frites.	Fried potato quenelles.
Compote de pêches.	Compote of peaches.

Sweet-breads à la provençale.

Blanch your sweet-breads, drain and cover them with slices of bacon, braise in stock seasoned with tarragon leaves, a head of garlic, salt and pepper; when done, dish them up on a hot dish, pass the sauce through a tammy, and pour over them.

Fried potato quenelles.

Scoop out the centre of some fine, mealy, baked potatoes, stir into three quarters their weight of butter, and a little chopped parsley; warm in a saucepan, add sufficient eggs to make the paste poach when dropped into boiling water; season with salt and pepper, poach a dessert-spoonful at a time of the quenelle paste, drain, and when cold, fry in butter until a golden colour.

Compote of peaches.

Cut your peaches in half, stone them, and dip into boiling water, peel, and cook them in hot syrup, take off the fire when they have boiled over twice. Place the peaches in a glass dish, pass the syrup through a sieve, pour over the fruit, and serve when cold.

AUGUST 30.

Potage au consommé de poisson.	Clear fish soup.
Côtelettes de veau milanaise.	Veal cutlets à la milanaise.
Carpe à la Chambord.	Carp à la Chambord.
Perdreaux rôtis.	Roast partridges.
Omelette aux anchois.	Anchovy omelet.
Baba au rhum.	Baba, or rum cake.

Clear fish soup.

Take some chopped onions, carrots, celery, eschalots, parsley, thyme, a head of garlic, salt and pepper; brown in butter until a good colour, moisten with three parts water and one part white wine; boil and skim, add some gurnet, whiting, the head of a turbot, and any fish trimmings you may have; boil for two or three hours, and squeeze through a cloth. Warm in a stock-pot, and pour over quenelles of fish or slices of bread.

Anchovy omelet.

Soak twelve anchovies for a quarter of an hour in water, scrape and clean them, cut into fillets, and lay them on thin pieces of toast which have been dipped into boiling olive oil. Beat up twelve fresh eggs, season with salt, pepper, and chopped parsley; pour half of them into a frying-pan with boiling oil, make a thin flat omelet; when done, place on a dish, lay the anchovy toasts on it; make a second omelet with the remainder of the eggs, cover the toast with it, and serve. Sprinkle with either strong gravy or some rich brown sauce.

AUGUST 31.

Potage napolitain.	Neapolitan soup.
Brèmes de mer au vin blanc.	Sea bream boiled in white wine.
Pluviers braisés.	Braised plover.
Gigot de mouton rôti.	Roast leg of mutton.
Haricots panachés sautés.	French beans and haricots à la maître d'hôtel.
Soufflé glacé vanille et chocolat.	Iced vanilla and chocolate soufflé.

Braised plover.

Braise the plover (see 28th of May). When done, clear the sauce of all grease, pass through a tammy, pour over the birds, and squeeze the juice of a lemon over them before serving.

Iced vanilla and chocolate soufflé.

Stir sixteen yolks of egg, four wine-glassesful of clarified syrup, and a tumblerful of water together in a bowl, pass through a hair sieve, and warm in a saucepan with a stick of vanilla until a thick custard; remove the vanilla, pour into a bowl which has been warmed in hot water, and whip until a thick paste; add a pint of cream which has been whipped, and pour into a soufflé mould; place a sheet of paper between the cover and the mould so that the soufflé may rise, leave in the freezing machine for two hours, add a layer of chocolate melted in iced water, and leave for another two hours; take off the paper, and serve in the mould.

SEPTEMBER 1.

Consommé aux œufs pochés.	Clear soup and poached eggs.
Tête de veau farcie.	Stuffed calf's head.
Côtelettes de mouton à la financière.	Mutton cutlets à la financière.
Cailles rôties.	Roast quail.
Écrevisses au court-bouillon.	Crayfish boiled in court-bouillon.
Macedoine de fruits au citron.	Macedoine of fruit flavoured with lemon.

Stuffed calf's head.

Trim, bone, blanch, and empty the calf's head; stuff it with forcemeat (see 6th of April) and chopped truffles; sew it up to its original shape, tie a cloth very tight round it, and place in a stew-pan, with slices of bacon, lemon, carrots, onions stuck with cloves, and a bouquet of mixed herbs; moisten with stock and water, and boil for three or four hours; when done, leave in the stew-pan until time to serve it. Hand poivrade sauce (see 10th of April) separately.

Almond butter.

Pound fifteen Jordan almonds, and three bitter ones, with four ounces of sugar; moisten with a few drops of milk, pass through a fine sieve, stir into half a pound of fresh butter, and pass through a tammy into the dish or shell in which it will be served. The butter will have the appearance of coarse vermicelli. This pretty side dish is rarely seen on the dinner-table.

SEPTEMBER 2.

Potage bisque au riz.	Crayfish soup with rice.
Lièvre à la mode.	Hare á la mode.
Goujons frits.	Fried gudgeon.
Rosbif rôti.	Roast beef.
Pommes sautées.	Fried potatoes.
Beignets soufflés.	Soufflé fritters.

Crayfish soup with rice.

Boil fifty crayfish in court-bouillon (see 18th of April), shell them, and pound in a mortar, with the same quantity of breast of chicken. Dry the shells and claws in the oven, pound them, boil in stock, and when done, pass through a tammy, stir in the pounded crayfish, and warm in a bain-marie. Just before serving, add a little rice, which has been boiled in stock.

Hare à la mode.

Skin the hare (reserve all the blood for the gravy), cut it up into joints, and lard with fine fillets of bacon, place in an earthenware pot, with some slices of salt pork, chopped bacon, salt, mixed spice, carrots, a lump of lard, and a tumblerful of red wine; lay two sheets of buttered paper over it, fix on the lid quite tight, and simmer over a slow fire. When nearly done, stir in the blood, and serve.

SEPTEMBER 3.

Potage de consommé aux quenelles.	Clear soup with quenelles.
Carpe à l'étuvée.	Stewed carp.
Côtelettes de chevreuil sautées.	Stewed roebuck cutlets.
Dinde rôtie.	Roast turkey-hen.
Oseille en purée garnie d'œufs.	Purée of sorrel with poached eggs.
Pêches au riz.	Peaches and rice.

Quenelle forcemeat.

This forcemeat is made of either fowl, fish, game, or veal. Dip some crumb of bread in either milk or stock, dry in a saucepan ; when cold, stir in a lump of butter, or the fat from a calf's kidney ; season with salt and mixed spice ; cut up whatever meat you wish to employ into small dice, add to the bread-crumb, pound, and stir in an egg at a time, until a thick paste. Shape your quenelles in a spoon, and poach, in either stock or salt and water, for about ten minutes, drain, and serve. Use equal quantities of bread-crumb, butter, and meat, for this forcemeat.

Half braise or white braise.

Line the braising-pan with slices of bacon and veal ; season with carrots, onions, thyme, salt and pepper, and moisten whatever meat or poultry you wish to braise with white wine and veal stock ; cover with slices of bacon, fix on the lid of the braising-pan very tight, and simmer until done.

SEPTEMBER 4.

Potage purée de haricots.	Purée of haricot beans.
Anguille à la sauce verte.	Eel with green sauce.
Noix de veau braisée aux carottes.	Braised chump of veal and carrots.
Grives rôties.	Roast thrushes.
Champignons farcis.	Stuffed mushrooms.
Compote de poires.	Compote of pears.

Roast thrushes.

Pluck and blanch the thrushes, but do not draw them; wrap up in a vine leaf and a slice of bacon, fix on to the spit with a skewer, place some slices of toasted bread with a little butter in the dripping-pan; when done, dish up the thrushes on the toast, and sprinkle with lemon-juice and a little white pepper. It takes about a quarter of an hour to roast them.

Stuffed mushrooms.

Wash the mushrooms quickly, dry, drain, and trim them; chop up the stalks with a quarter their quantity of parsley, and some eschalots, squeeze in a cloth, and warm for five minutes in butter and a little brown thickening; fill the mushrooms with this stuffing, place them on a buttered baking-dish, sprinkle with grated bread-crust, and bake for ten minutes.

SEPTEMBER 5.

Potage aux herbes provençale.	Herb soup à la provençale.
Côte de bœuf braisée à la flamande.	Braised ribs of beef à la flamande.
Pieds de mouton frits.	Fried sheep's trotters.
Gigot de chevreuil rôti.	Roast leg of roebuck.
Croûte aux champignons.	Broiled mushrooms on toast.
Tartes aux prunes mirabelles.	Mirabelle plum tart.

Herb soup à la provençale.

Take some spinach, white beet, celery, chervil and sorrel leaves, wash them carefully, and boil in water; when nearly done, add a little garlic, or a sliced onion, a lump of butter, salt and pepper; thicken with yolks of egg, and pour into the soup-tureen, on slices of bread.

Fried sheep's trotters.

Boil the trotters, cut them up into small fillets, soak for half an hour, in vinegar and water, drain, dip into batter, and fry until a good colour. Dish up, garnished with fried parsley.

Roast leg of roebuck.

Trim the leg, and lard it with fine fillets of bacon; soak for six hours in olive oil and salt; roast for an hour, and baste with some of the olive oil. Serve with poivrade sauce in a sauceboat. Some people prefer roebuck more highly seasoned, in which case, soak the leg for two days in olive oil, with half a bottle of red wine, salt, mixed spice, sliced onions, and thyme.

SEPTEMBER 6.

Potage à la française.	French soup.
Pièce de bœuf bouillie sauce tomates.	Boiled beef with tomato sauce.
Barbottes en casserole.	Stewed eel pout.
Lièvre rôti.	Roast hare.
Artichauts à la lyonnaise.	Artichokes à la lyonnaise.
Fondue au fromage.	Cheese fondu.

Stewed eel pout.

Clean and empty the eel pout; warm the livers in a little browned butter and flour, add the fish, moisten with white wine, season with pepper, salt, chopped herbs, a bouquet of herbs, and mushrooms; cook over a slow fire. When done, serve, garnished with the mushrooms; pass the sauce through a tammy, and pour over them.

Artichokes à la lyonnaise.

Cut up the artichokes into quarters, remove the chokes, blanch, drain, and warm them in melted butter, flavoured with lemon-juice, simmer until done, take out the artichokes; moisten the sauce with stock, and a little brown thickening, season with a sliced onion, stir in a lump of butter, and leave on the fire until brown; pass through a tammy, season with salt, pepper, and chopped parsley. Warm the artichokes in this sauce, and serve.

Cheese fondu.

Weigh the eggs you are going to use, take a third their weight of grated Parmesan cheese, and a sixth part of butter, stir in a saucepan until the eggs are set, pour into a very hot dish, and serve.

SEPTEMBER 7.

Potage aux pois verts.	Green pea soup.
Vives à la maître d'hôtel.	Weavers à la maître d'hôtel.
Gigot de mouton braisé.	Braised leg of mutton.
Faisan rôti à la Brillat-Savarin.	Roast pheasant à la Brillat-Savarin.
Choux-fleurs au gratin.	Baked cauliflower with bread-crumbs.
Bavarois au melon.	Bavarian cream with melon syrup.

Roast pheasant à la Brillat-Savarin.

Brillat-Savarin gave the following orders for cooking a pheasant:—Hang until tender, pluck, draw, and lard it carefully. Bone and draw two woodcock—keep the trail separate, throw away the gizzards, chop up the meat with beef marrow which has been cooked by steam, scraped bacon, pepper, salt, mixed herbs, and truffles; fill the pheasant with this stuffing, which is rather difficult to keep in if the bird is at all high, in which case fix it in with a piece of bread the shape of a cork, and tie it round with fine thread. Lay a thick slice of bread two or three inches broader than the pheasant in the dripping-pan; pound the trail of the woodcock in a mortar with truffles, an anchovy, a little scraped bacon, and a lump of fresh butter, spread a thick layer on the bread, roast the pheasant over it so as to catch all the dripping, and dish up on it. Simple mortals roast their pheasants in the same manner as partridges, and hang them until they are so high that they are hardly eatable.

SEPTEMBER 8.

Potage à la purée de perdrix.	Purée of partridge.
Truite sauce diplomate.	Trout, diplomatic sauce.
Filets de mouton minute.	Fillets of mutton à la minute.
Oie rôti.	Roast goose.
Aubergines à la provençale.	Egg-plant à la provençale.
Beignets de pommes glacés.	Glazed apple fritters.

Purée of partridge.

Roast fifty chestnuts, peel, and simmer them in strong stock. Roast a freshly-killed partridge, cut off all the meat; drain the chestnuts, and pound in a mortar with the partridge; pass through a tammy, stir in some crumb of bread, which has been soaked in the chestnut stock, and serve very hot.

Fillets of mutton à la minute.

Boil some strong stock in a saucepan; when nearly reduced to a glaze, add a large slice of bacon and your fillets of mutton, cover with a buttered paper, and simmer over a slow fire for ten or twelve minutes, when the fillets will be cooked and glazed; be careful the bacon does not burn. Dish up the mutton, moisten the glaze remaining in the saucepan with a little stock, and pour over the fillets.

A fillet of beef cut into slices can also be prepared in this manner.

Roast goose.

Stuff your goose with forcemeat, roast it, and baste frequently; when done, serve with its own gravy. A fine goose takes about two hours to roast.

SEPTEMBER 9.

Potage au tapioca.	Tapioca soup.
Anguille à la tartare.	Eel à la tartare.
Lapereaux grillés.	Broiled rabbit.
Filet de bœuf rôti.	Roast fillet of beef.
Macédoine de légumes à la béchamel.	Vegetable pie à la béchamel.
Dumpling aux pommes.	Apple pudding.

Eel à la tartare.

Brown some chopped carrots, onions, and a bouquet of mixed herbs in butter; sprinkle with flour, and moisten with white wine; cook for half an hour, and pass through a tammy. Skin your eel, roll it round into a spiral shape, and cook in the sauce; when done, place it on a dish, and leave until cold, after which dip into beaten yolks of egg, bread-crumb it, and broil over a slow fire; hold hot coals over the eel so as to save turning it; serve on a round dish, with either anchovy butter or remoulade sauce.

Broiled rabbit.

Split open your rabbit, beat until flat, wrap it up in buttered sheets of paper, and broil; when done, remove the paper, and serve with either anchovy butter, or butter mixed with chopped herbs.

Apple pudding.

Roll out some paste very thin, cover it with sliced apples, sprinkle with plenty of sugar, moisten the edges of the paste, and roll into the shape of a ball, tie up in a cloth, and boil in water for an hour; when done, dish up the pudding, and sprinkle it with hot melted butter and powdered sugar. This pudding can be made with any kind of fruit, such as plums, or raspberries and currants.

SEPTEMBER 10.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage purée d'oignons aux quenelles de poisson.	Purée of onions with fish quenelles.
Matelote à la marinière.	Stewed carp, pike, perch, barbel, and eel.
Salmis de macreuse.	Salmis of black diver.
Turbot en mayonnaise.	Mayonnaise of turbot.
Petits pois au beurre.	Green peas and butter.
Gâteau d'amandes.	Almond cake.

Salmis of black diver.

Roast your birds about three quarters, cut into joints, and simmer in the following sauce. Warm some truffle trimmings in butter, stir in a little flour, moisten with white wine, season with mixed herbs, laurel leaves, an onion stuck with cloves, and a head of garlic; at the end of five minutes moisten with vegetable stock (see 30th of June), add some blanched celery heads and stoned olives. When ready, add the pieces of bird, simmer until done, and dish up, garnished with the celery and olives; pass the sauce through a tammy, and pour over the salmis.

Mayonnaise of turbot.

Skin some fillets of cold boiled turbot, cut them either into small round, or heart-shaped slices, and soak in oil and vinegar, seasoned with salt, coarse black pepper, and chopped eschalots, and tarragon leaves, until sufficiently flavoured; dish up the pieces of fish in the shape of a crown, and garnish with hard-boiled eggs, fillets of gherkins and anchovies, sliced beetroot, capers, tarragon leaves, and small squares of meat jelly. Fill the centre of the dish with mayonnaise sauce, and serve.

SEPTEMBER 11.

Potage aux choux.	Cabbage soup.
Choux au lard.	Boiled cabbage and bacon.
Selle de mouton à la purée de navets.	Saddle of mutton with purée of turnips.
Pâté d'alouettes.	Lark pie.
Écrevisses à la bordelaise.	Crayfish à la bordelaise.
Beignets de poires.	Pear fritters.

Boiled cabbage and bacon.

Blanch a fine white cabbage, divide it into several pieces, and boil in a saucepan, with either a piece of bacon or salt pork, water, salt, pepper, slices of German sausage, and a pinch of grated nutmeg; as soon as the water boils, make a smaller fire, and leave until thoroughly done. Dish up the pork or bacon on the pieces of cabbage, reduce the sauce, stir in a lump of butter, mixed with flour, and pour over the cabbage and bacon.

Lark pie.

Pluck, singe, and flatten the backs of two or three dozen larks, draw them, throw away the gizzards, and pound the trail in a mortar with scraped bacon and mixed herbs; fill the larks with this, and wrap each one in a slice of bacon. Line a plain mould with paste, fill it with the larks, sprinkle them with salt and pepper, spread a thick layer of butter over them, add two or three laurel leaves, and a pinch of mixed spice; cover with paste, and bake for two hours and a half. Turn out of the mould, and serve cold.

Portuguese sauce.

Simmer five ounces of fresh butter in a saucepan, with two yolks of egg, a little lemon-juice, salt, and coarse black pepper; stir until the sauce is quite hot, take it off the fire, and stir until it thickens. This sauce must be made just before serving.

SEPTEMBER 12.

Potage julienne.	Julienne soup.
Filets de soles à la cardinal.	Filets of sole à la cardinal.
Salmis de bécasses.	Salmis of woodcock.
Filet de bœuf rôti.	Roast fillet of beef.
Purée de pommes de terre à la Maria.	Purée of potatoes à la Maria.
Plum-pouding anglais.	Plum pudding.

Salmis of woodcock.

Cut up some roast woodcock into joints, skin, and trim them, pound the carcases, and boil for half an hour in white wine seasoned with eschalots, half a laurel leaf, a head of garlic, and parsley; clear of all grease, pass through a tammy, stir into some brown thickening, warm in a stew-pan, and as soon as it boils, add the pieces of woodcock, simmer over a slow fire for ten minutes, and dish up, covered with the sauce, and garnished with sippets of fried bread.

Baked eggs.

Spread a thick layer of fresh butter in a tin or plated dish, sprinkle with salt, and break your eggs carefully on to it, one at a time; pour a little cream over them, sprinkle with salt, pepper, and grated nutmeg; place a few small lumps of butter between the eggs, bake in the oven or on hot cinders, and brown with a salamander.

Purée of potatoes à la Maria.

Peel and boil your potatoes in strong stock, pass them through a tammy, and stir into Spanish, velouté, or béchamel sauce. When a proper substance, pour into a dish, and brown in the oven, or with a salamander.

SEPTEMBER 13.

Potage à la purée de pois verts.	Purée of green peas.
Raie à l'italienne.	Skate à l'italienne.
Gigot de Mouton à la Durand.	Braised leg of mutton à la Durand.
Outarde canepetière rôtie.	Roast bustard.
Chicorée au velouté.	Purée of chicory with cream.
Beignets de pommes.	Apple fritters.

Braised leg of mutton à la Durand.

It is absolutely necessary to have a tender leg of mutton for this dish. Remove the bone as far as the handle, lard the inside, and stuff it with chopped ham, gherkins, anchovies, truffles, and spiced salt; sew the leg to its original form, and braise it (see 28th of May) over a slow fire; when done, remove the string, and dish it up, garnished à la Durand (see 19th of September).

Spiced salt.

The great cook, Durand, of illustrious memory, advocated the use of spiced salt, which he said had often stood him in good stead. The following are the exact quantities he gave in his recipe.

Take twenty ounces of salt, four heads of cloves, two nutmegs, six laurel leaves, a stick of cinnamon, four whole black peppers, half a quarter of an ounce of basil leaves, and the same quantity of coriander seeds; pound in a mortar, pass through a tammy, pound any large pieces that remain over, pass through the tammy, and keep in tightly corked bottles.

SEPTEMBER 14.

Garbure gratinée au gras.	Bread and cabbage soup for feast day.
Brochet sauce raifort.	Pike, horseradish sauce.
Côtelettes de mouton à la Soubise.	Mutton cutlets à la Soubise.
Perdreaux rôtis.	Roast partridges.
Épinards à la crème.	Spinach and cream.
Éclairs au chocolat.	Chocolate fingers with cream.

Bread and cabbage soup for feast day.

This soup is of Gascon origin, and must always be browned in the oven before serving. Cut up your cabbages into quarters, blanch, and dry them carefully in a cloth, tie a string round each piece, and place in a stew-pan, lined with slices of bacon; add a piece of salt pork, slices of ham, a knuckle of veal, onions, carrots, and a bouquet of mixed herbs, moisten with stock, and simmer over a slow fire; when done, add some thick slices of bread-crumb, and as soon as they begin to thicken the soup, remove the pieces of cabbage, place them on a cloth, cut off the string, and sqeeze them. Grate equal quantities of Gruyère and Parmesan cheese, and sprinkle some at the bottom of an earthenware pot or soup-tureen, fill it with alternate layers of cabbage and the soaked slices of bread-crumb, sprinkling each one with grated cheese—be careful that the last layer is of cabbage—cover it thickly with cheese, and brown in the oven or with a salamander.

SEPTEMBER 15.

Potage fausse tortue.	Mock turtle soup.
Coquilles aux huîtres.	Scalloped oysters.
Côte de bœuf braisée garnie de tomates farcies.	Braised ribs of beef and stuffed tomatoes.
Cailles rôties.	Roast quail.
Chicorée au jus.	Stewed chicory.
Pommes au riz.	Stewed apples with rice.

Mock turtle soup.

Make some white thickening with half a pound of butter, the same quantity of flour, two quarts of good stock, and a little reduced white veal stock; as soon as it boils, take off the fire, and leave to simmer by the side; add two tumblersful of Madeira, and season with thyme, savory, pounded eschalots, and laurel leaves; when sufficiently done, skim off all grease, and pass through a tammy. Boil your calf's head in thin white thickening, press it between two dishes; when cold, cut it up into dice, and warm in some of the liquor in which it was cooked, flavoured with Madeira; add the pieces of calf's head to the soup, and boil for a few minutes, stir in a pinch of cayenne pepper, and pour into the soup-tureen, in which you have previously placed some small chicken quenelles.

Roast quail.

Pluck, draw, and singe the quails; wrap them up in vine leaves and thin slices of bacon, only allow half of the legs to appear, skewer them on to the spit, and roast for twenty minutes.

SEPTEMBER 16.

Purée de pois verts aux croûtons.	Green pea soup and toast.
Barbue à la provençale.	Brill à la provençale.
Côtelettes de veau braisées, garnies de haricots verts.	Braised veal cutlets with French beans.
Canards sauvages rôtis.	Roast wild duck.
Salsifis frits.	Fried salsifis.
Darioles à la vanille.	Duchess cakes.

Garnish à la Durand.

I give this recipe in Monsieur Durand's (the celebrated chef in the south of France) own words.

Place a large slice of fat bacon in a saucepan; when melted, remove any lean there may be, and add a slice of ham, cut into small fillets, a lump of fresh butter, and either a calf's or lamb's sweet-bread cut into large dice, moisten with Spanish sauce, and the dripping from a roast leg of mutton, which has been carefully skimmed, and passed through a tammy; add thick slices of truffles, mushrooms, chicken quenelles, olives stuffed with truffle forcemeat (see 22nd of September), boiled chicken combs, and ox palates, the latter cut into dice, and lastly, some cock's livers, simmer by the side of the fire, and just before serving, add six hard-boiled yolks of egg, a few crayfish tails, and four dozen oysters, which have been blanched and warmed for a minute, in mutton gravy, seasoned with gherkins and mixed herbs; when done, clear off all grease, and pour over whatever hot joint you wish to garnish.

"The thought of this dish is sufficient to give new hunger to those who have already dined well."

SEPTEMBER 17.

Potage au tapioca.	Tapioca soup.
Fricassée de poulets à la Dubarry.	Fricassée of fowls à la Du Barry.
Moules à la Villeroi.	Mussels à la Villeroi.
Filet de chevreuil rôti sauce poivrade.	Roast fillet of roebuck, poivrade sauce.
Croûte aux champignons.	Mushrooms on toast.
Tarte aux poires.	Pear tart.

Fricassée of fowls à la Du Barry.

Cut up your fowls into joints, and soak for an hour in cold water, which change two or three times; drain, and dry them carefully in a cloth, and cook in water; as soon as it begins to boil, remove the pieces of fowl, and pass the liquor through a tammy. Warm a lump of butter, some scraped bacon, and a slice of Bayonne ham over a slow fire; when quite hot, add the pieces of fowl, and as soon as they begin to stiffen, stir in a tablespoonful of flour; take the saucepan off the fire, moisten the fricassée with equal quantities of stock, and the liquor in which the fowls were boiled; season with a bouquet of mixed herbs, an onion stuck with cloves, and boil for three quarters of an hour, remove the onion, and herbs, and if the sauce is not sufficiently reduced, stir in some yolks of egg, and serve.

Roast loin of pork à la Robert.

Cover a fresh loin of pork for two days with coarse salt; roast it, and serve with Robert sauce.

SEPTEMBER 18.

Potage aux pâtes d'Italie.	Clear soup with Italian paste.
Bouilli en matelote.	Hashed boiled beef.
Perdrix à l'estouffade.	Stewed partridges.
Brochet au bleu.	Pickled pike.
Chicorée au velouté.	Purée of chicory with cream.
Baba au rhum.	Baba or rum cake.

Hashed boiled beef.

Brown some young onions in butter, sprinkle with flour, and moisten with a tumblerful of red wine, and half a tumblerful of stock ; add some mushrooms, laurel leaves, thyme, salt and pepper; when done, pour over some slices of cold boiled beef, which have been laid in a tin dish, simmer in the oven for half an hour, and serve.

Stewed partridges.

Pluck, draw, singe, and truss your partridges; lard with highly-flavoured bacon, and place in a saucepan, with onions, carrots, slices of bacon, a bouquet of mixed herbs, and equal quantities of stock and white wine, simmer over a slow fire; when done, dish up the partridges, reduce the sauce, skim off all grease, pass through a tammy; if necessary, add a little gravy, and pour over the birds.

Boiled calf's feet.

Clean and blanch the feet, beat them, and remove the bones, boil in uncleared stock, and serve, covered with a sauce made with stock, pepper, salt, chopped mixed herbs, and a few drops of vinegar.

Brill à la provencale.

Soak a brill in oil for an hour, fry it, and when done, fillet it, and serve, garnished with stuffed olives and anchovy sauce.

SEPTEMBER 19.

Potage croûte au pôt.	Soup with fried gravy crusts.
Brèmes de mer au vin blanc.	Bream with white wine sauce.
Mauviettes en caisse.	Larks in cases.
Cuissot de sanglier à la royale.	Haunch of boar à la royale.
Céleri au jus.	Stewed celery.
Petits pots de crème au café.	Small pots of coffee cream.

Larks in cases.

Bone the larks, and stuff them with forcemeat, to which you have added their livers minced very fine. Oil as many small paper cases as there are larks, cover the bottoms with forcemeat, and add the larks wrapped up in slices of bacon and buttered paper, bake in the oven ; when done, remove the bacon and paper from the larks, clear all grease out of the cases, moisten with a little gravy, replace the birds, and serve.

Haunch of boar à la royale.

Lard the haunch, and soak it for four or five days in white wine ; after which, tie it up tight in a cloth, and place in a braising-pan, with six bottles of white wine, the same quantity of water, eight carrots, eight onions, three heads of cloves, grated nutmeg, a bouquet of parsley, chives, and bay salt ; simmer for six hours, after which, boil over a quick fire for an hour, when the haunch ought to be cooked ; leave in the braising-pan for half an hour, remove the cloth, trim the haunch, and cover with its own sauce, passed through a tammy ; when cold, sprinkle with grated bread-crust, and serve.

SEPTEMBER 20.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Brunoise à la purée de lentilles.	Purée of lentils.
Soles en matelote normande.	Soles à la normande.
Macreuse au chocolat.	Black diver with chocolate sauce.
Goujons frits.	Fried gudgeon.
Cardons à la poulette.	Cardoons with white sauce.
Gâteau de riz.	Rice cake.

Soles à la Normande.

Line a tin or plated dish with butter, sprinkle with finely-chopped onion and parsley; lay the soles on this, covered with salt and pepper, moisten with either white wine or good cider, and place in the oven; when the sole is done, make some white thickening, stir in any juice there may be from the sole, a little of the water in which your mussels have been boiled, thicken with yolks of egg, and pour half of this sauce over the sole; place some mussels, oysters, and mushrooms, which have been boiled separately, round the dish, cover with the remainder of the sauce, and warm in the oven for five minutes. Serve, garnished with boiled crayfish, fried smelts, and fried sippets of bread, which must not touch the sauce.

Black diver with chocolate sauce.

Draw the bird, wash it in brandy, and brown over hot cinders; place it in an earthenware jar, with white wine, salt, laurel leaves, and fine herbs, simmer over a slow fire, and when done, dish up, covered with chocolate made in the usual manner.

Cardoons with white sauce.

Prepare the same as on 7th December; when done, toss the cardoons in a saucepan with a lump of butter mixed with flour, moisten with cream, thicken the sauce with yolks of egg, and sprinkle with a few drops of lemon-juice and vinegar before serving.

SEPTEMBER 21.

Potage julienne.
Carré de veau piqué et braisé.
Carpes frites.
Bécasses à l'esprit-de-vin.
Salade de pommes de terre.
Pèches au riz au marasquin.

Julienne soup.
Loin of veal, larded and braised.
Fried carp.
Salmis of woodcock à l'esprit de vin.
Potato salad.
Peaches with maraschino rice.

Loin of veal, larded and braised.

Bone the loin and lard it with thick fillets of bacon. Line a stew-pan with slices of bacon, chopped parsley, chives and a head of garlic; add laurel leaves, thyme, salt, coarse black pepper, and the loin of veal, cover it with slices of onion, carrot, and parsnip, simmer over a slow fire for half an hour, moisten with stock; when done, dish up the veal, reduce the sauce, pass it through a tammy, and pour over the meat.

Potato salad.

Either boil, or better still, bake your potatoes, peel, slice them and place in a salad bowl, with two or three onions cut into quarters and two wine-glassesful of red wine, stir until thoroughly mixed, season with salt, pepper, plenty of oil, and a little vinegar; add some chervil leaves chopped very fine, and if not objected to, a few thin fillets of smoked herring, stir until thoroughly mixed, remove the pieces of onion, and serve. "This is an excellent salad."

SEPTEMBER 22.

Potage aux profiteroles.	Clear soup with profit-rolls.
Bifteck au beurre d'anchois.	Steak with anchovy butter.
Cailles aux petits pois.	Quail and green peas.
Lièvre rôti.	Roast hare.
Artichauts frits.	Fried artichokes.
Macédoine de fruits au champagne.	Macédoine of fruit flavoured with champagne.

Clear soup with profit-rolls.

Scoop out the crumbs of some small milk rolls, fill them with game forcemeat, and bake on a buttered dish until quite firm, place them in a large soup-tureen, and add the necessary quantity of boiling clear stock. This soup must be served directly it is made, or the profit-rolls will dissolve.

Quails and green peas.

Prepare and truss your quails, cook them in a stew-pan lined with slices of veal and ham, season with carrots, onions, and a bouquet of mixed herbs, and cover with slices of bacon and a buttered sheet of paper; place hot coals on the lid, and when done, dish up the quails, covered with green peas, which have been cooked separately, either in butter or veal stock.

Truffle forcemeat.

Peel your truffles, and warm them in butter; add some chopped mixed herbs, and about the same quantity of calf's udder or scraped bacon as there are truffles; pound in a mortar, season with salt and pepper, add some soaked bread-crumb, and the necessary quantity of yolks of egg.

SEPTEMBER 23.

Potage Faubonne.	Faubonne soup.
Moules au gras.	Stewed mussels.
Perdreaux en escalopes.	Scalloped partridges.
Rosbif rôti.	Roast beef.
Pommes de terre sautées.	Fried potatoes.
Gâteau mille feuilles.	Light pastry.

Stewed mussels.

Wash your mussels carefully, but do not leave in the water, or they lose much of their flavour; warm them in a saucepan; as soon as they open, take out the mussels, and reserve their liquor. Warm some button mushrooms in melted bacon, stir in a little flour, moisten with reduced stock, season with a bouquet of mixed herbs and pepper; when done, clear off all grease, add the mussels and a little of their liquor, and serve when quite hot.

Scalloped partridges.

Scallop the fillets of four partridges, toss them in a saucepan with some butter until firm; drain the scallops, remove the butter, and replace it by three tablespoonsful of game stock and two tablespoonsful of German sauce; when boiling, add the scallops, and either sliced truffles or peeled mushrooms, a little fresh butter, and the juice of a lemon. Dish up the scallops in a circle, and fill the centre with the sauce.

Sauce for all roasts.

Take an anchovy, a tumblerful of red wine, a little gravy, a chopped eschalot, and the juice of a lemon; simmer until cooked, pass through a tammy, and add to the gravy of your roast.

SEPTEMBER 24.

Potage au mouton.	Mutton soup.
Gigot de mouton bouilli sauce aux câpres.	Boiled leg of mutton, caper sauce.
Pâté chaud de godiveau.	Hot forcemeat pie.
Poulets rôtis.	Roast fowls.
Choux de Bruxelles au beurre.	Brussels sprouts with butter.
Brioche à la crème.	Brioche.

Mutton soup.

Place a leg of mutton in a stock-pot, cover it either with water or beef stock, add carrots, onions, turnips, leeks, celery, a head of clove, and a little powdered ginger; simmer over a slow fire for five hours, skim all grease off the stock, pass through a tammy, and pour into a soup tureen, on to slices of stale bread, or crusts of bread, which have been dried in the oven. A few chopped sorrel leaves warmed in butter are sometimes added to this soup.

Hot forcemeat pie.

Line a plain mould, about six or seven inches deep, with paste, cover the bottom with a layer of forcemeat of fowl, and truffles (see 18th of December), and fill the pie with mushrooms warmed in butter, sliced bottoms of artichokes, and quenelles made of the same forcemeat, cover with paste, moisten the edges so as to close up the pie tightly, glaze with yolks of egg, and bake; when done take off the cover, and add some strong gravy; serve very hot.

Stuffed duck.

Chop up the liver of the duck with the same quantity of bacon, season with chopped mixed herbs, truffles cut into dice, and thicken with yolks of egg, stuff the duck with this, roast, and serve with Italian sauce.

SEPTEMBER 25.

Potage au vermicelle.	Vermicelli soup.
Brochet en dauphin.	Pike dressed like a dolphin.
Oreilles de porc à la Sainte-Menehould.	Pigs' ears à la Sainte-Menehould.
Filet. de bœuf rôti.	Roast fillet of beef.
Tomates farcies.	Stuffed tomatoes.
Pommes au riz.	Stewed apples and rice.

Pike dressed like a dolphin.

Scale and clean out a fine pike, soak in olive oil with branches of mixed herbs, salt, and mixed herbs; pass a skewer through its eyes and the centre of the body, to give it the appearance of a dolphin, having the head on one side and the tail on the other, place in a baking dish in the oven, and moisten with the oil in which it was soaked; when done, serve with either anchovy or caper sauce.

Pig's ears à la Sainte-Menehould.

Blanch, singe, and scrape the ears; when cold, dip into melted butter, bread-crumb them twice, dip into beaten yolks of egg before bread-crumbing the second time; bake in the oven; when a good colour dish up, with rémoulade sauce.

Fried calf's feet.

Boil the feet in water, cut up into small pieces, and soak for half an hour in vinegar, drain them, dip into batter, and fry; serve, garnished with fried parsley.

Fritters.

This name is given to all sorts of vegetables, fruit, and meat, when dipped in batter, and fried in either hot lard, or olive oil.

SEPTEMBER 26.

Potage purée de navets aux croûtons.	Purée of turnips with toast.
Escalopes de homard.	Lobster scallops.
Ris de veau en papillotes.	Sweet-breads in cases.
Gigot de chevreuil rôti.	Roast leg of roebuck.
Chicorée au velouté.	Purée of chicory with cream.
Tartelettes à la vanille.	Vanilla tartlets.

Sweet-breads in cases.

Blanch, trim, and braise your sweet-breads; when done, drain, and place on a dish, cover them with Duxelle sauce as soon as cold, fold each sweet-bread in two very thin slices of ham, and wrap up very carefully in oiled sheets of paper, broil on the gridiron, and when a good colour, serve them.

Roast bustard.

Pluck, draw, singe, and dress the bustard; lard it with fine fillets of bacon, wrap up in a buttered sheet of paper, and roast. Cook the liver of the bird, and pound it, stir into a little of the dripping, season with salt, pepper, and the juice of a lemon, and hand in a sauceboat.

Stew.

This name is given to all entrées cooked with the following ingredients. Cut up some veal, which has been blanched in boiling water, into dice, do the same with some ham, onions, and carrots, toss in a saucepan with fresh butter over a quick fire, moisten with stock, and boil, skim occasionally, and when done, add whatever meat you wish to stew.

SEPTEMBER 27.

Potage brunoise.	Brunoise soup.
Rouelle de veau en thon.	Pickled fillet of veal.
Sauté de bécasses à la provençale.	Fillets of woodcock à la provençale.
Selle de mouton rôtie.	Roast saddle of mutton.
Haricots panachés sautés.	French beans and haricots à la maître d'hôtel.
Petites pátisseries.	Light pastry.

Pickled fillet of veal.

Cut a thick round slice off a nice white leg of veal, and lard it with fine fillets of anchovy, sprinkle with salt and pepper, and soak in vinegar for eight or ten hours; remove the piece of bone from the centre of the fillet, drain, and dry in a cloth, sprinkle with flour, and fry over a slow fire in a little olive oil; when done on both sides, dish up, squeeze the juice of a lemon into the frying-pan, stir well, and pour over the veal.

Fillets of woodcock à la provençale.

Fillet your woodcock, and soak in olive oil seasoned with salt, coarse black pepper, mixed spice, and a pounded head of garlic. Place the carcases in a stew-pan with some olive oil, a few parsley leaves, a head of garlic, six eschalots, a laurel leaf, and two cloves; when brown, add a dessert-spoonful of flour, a tumblerful of white wine, and three tumblersful of stock, reduce to half the quantity, and pass through a tammy. Toss the fillets of woodcock in warm oil; when done, place round an entrée dish with a fried sippet of bread between each one; stir a little lemon-juice, and a few strips of lemon peel, into the sauce, and pour over the fillets.

SEPTEMBER 28.

Potage de riz à la purée de pois.	Purée of peas and rice.
Barbillon grillé.	Broiled barbel.
Alouettes en salmis.	Salmis of larks.
Rognon de veau rôti.	Roast calf's kidney.
Épinards au jus.	Stewed spinach.
Tartelettes à la vanille.	Vanilla tartlets.

Salmis of larks.

Roast your larks, cut off their heads, and draw them; pound all the trail (except the gizzards) in a mortar with two or three of the larks, stir in a little stock, pass through a tammy, season with salt, coarse black pepper, and lemon-juice; warm the larks in this sauce, but do not let them boil, and serve garnished with sippets of fried bread.

Buttered eggs.

Line the sides and bottom of a saucepan with fresh butter, break your eggs into it, add salt, pepper, and a pinch of grated nutmeg, cook over a slow fire, stir the whole time; when done, sprinkle with lemon-juice, and serve. Do not let the eggs get too hard. Truffles, asparagus-heads, meat gravy, or jam, are often added to the eggs, in the latter case sugar must be used instead of salt and pepper.

SEPTEMBER 29.

Potage à la purée de haricots.	Purée of haricot beans.
Cabillaud à la béchamel.	Codfish à la béchamel.
Perdrix aux choux.	Partridge and cabbage.
Filet de bœuf rôti.	Roast fillet of beef.
Cardons au gratin.	Baked cardoons and bread-crumbs.
Choux à la crème.	Choux or light batter cakes.

Partridges and cabbage.

Truss two partridges, and brown them slightly in butter and flour; moisten with three tumblersful of stock, and season with a bouquet of mixed herbs, and a quarter of a pound of bacon. Boil some white cabbages and a pound of salt pork in water; when the cabbages are nearly done, drain, and add them to the partridges, simmer for a few minutes, dish up the birds, cut the cabbages into quarters, place round the partridges, and garnish with saveloy and chipolata sausages cut into thin slices, and a little of the salt pork; reduce the gravy, moisten with stock, and pour over the birds.

Fried ram's kidneys.

A ram's kidney is a most delicious morsel. Skin the kidneys, slice them, sprinkle with lemon-juice, cover with forcemeat, and fry until slightly crisp.

Vegetable gravy for fast day.

Brown some chopped carrots, turnips, onions, and celery in butter, moisten with liquor, in which either peas or haricot beans have been boiled, season with salt and pepper, pass through a tammy, and keep until required.

SEPTEMBER 30.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage de consommé de poisson.	Clear fish soup.
Queues de morue à l'anglaise.	Salt cods' tails à l'anglaise.
Timbale de nouilles.	Timbale of German paste.
Filets de saumon à la mayonnaise.	Mayonnaise of fillets of salmon.
Macédoine de légumes bordure d'épinards.	Macédoine of vegetables and spinach.
Beignets de raisins de Corinthe à la Dauphine.	Currant fritters à la Dauphine.

Salt cods' tails à l'Anglaise.

Soak the tails for twenty-four hours, after which, boil in cold spring water; as soon as the water boils over, skim, take the saucepan off the fire, and leave the fish in it for a quarter of an hour, with the lid on. Cut up a peeled lemon into dice, chop up some anchovies, parsley, chives, eschalots, and a small head of garlic; warm the whole in a quarter of a pound of butter and the same quantity of olive oil, sprinkle with black pepper, and stir until cooked; pour half of this sauce into a dish, add the cods' tails, garnish with fried sippets of bread, cover with the remainder of the sauce, sprinkle with grated crust of bread, and brown in the oven.

Currant fritters à la Dauphine.

Wash and trim some fine bunches of currants, simmer them in clarified syrup for two minutes; when cold, dip into batter, and fry in boiling lard.

OCTOBER 1.

Potage au riz.	Rice soup.
Brochet à l'eau de sel, sauce aux moules.	Boiled pike with mussel sauce.
Civet de lièvre.	Civet of hare.
Poularde rôtie.	Roast pullet.
Macaroni à l'italienne.	Maccaroni à l'italienne.
Croûtes à l'abricot.	Apricots à la normande.

Civet of hare.

Cut up a hare into joints, and brown in a saucepan with a quarter of a pound of butter, and half a pound of salt pork, which has been soaked in water; when a good colour, add two large tablespoonsful of flour, a bottle of red wine, pepper, mixed spice, a bouquet of herbs, thyme, laurel leaves, an onion stuck with cloves, and no salt. Simmer for an hour and a half, shake the stew-pan occasionally, so that the sauce may not burn. Brown some young onions in butter, moisten with stock, add a pinch of sugar, and simmer until the sauce is reduced to a glaze. Trim two punnets of mushrooms, and add them to the civet; when nearly done, remove the onion stuck with cloves, and the herbs, taste the sauce, and if necessary, add a little salt, and dish up; loosen the glazed onions from the saucepan, with a little stock, and place them round the civet with the mushrooms. Some people thicken the sauce with the blood of the hare, and a little butter.

OCTOBER 2.

Potage au pain.	Bread soup.
Pièce de bœuf bouillie garnie à la flamande.	Boiled beef à la flamande.
Filets de soles à la parisienne.	Fillets of sole à la parisienne.
Grives rôties.	Roast thrushes.
Haricots blancs en purée.	Purée of white haricot beans.
Gâteau d'amandes massif.	Almond cake.

Boiled beef à la Flamande.

Boil a rumpsteak in uncleared stock for four hours, after which, drain it, and place in a stew-pan, with two pints of mirepoix (see 4th of October) and a bottle of white wine; simmer for about two hours, dish up the beef, pass some of the sauce through a tammy, thicken with brown thickening, and pour over it. Garnish the steak "à la Flamande" (see 7th of March).

Almond cake.

Blanch and pound two pounds of Jordan almonds, and half an ounce of bitter almonds, add some candied lemon peel, chopped angelica, dried orange flowers, a pinch of salt, two pounds of sugar, a quarter of a pound of potato-flour, twelve yolks of egg, and five whole eggs, stir thoroughly together, and pour into a mould lined with buttered blotting-paper, bake in a slow oven, and serve, covered with whipped yolks of egg, mixed with almond milk.

OCTOBER 3.

Potage Faubonne.	Faubonne soup.
Aloyau rôti garni de pommes de terre.	Roast sirloin of beef and potatoes.
Faisans à la bohémienne.	Pheasants à la bohémienne.
Éperlans frits.	Fried smelts.
Céleri au jus.	Stewed celery.
Marmelade de pêches.	Peach marmalade.

Pheasants à la Bohémienne.

Truss the pheasants, and stuff them with a forcemeat composed of chopped truffles, foie gras, salt, pepper, and mixed herbs. Stew the pheasants in mirepoix (see 4th of October), with a wine-glassful of Madeira; when done, serve garnished with stewed truffles, foie gras, cockscombs, and cock's kidneys; pass the sauce through a tammy, and pour over the birds.

Sheep's liver à la ménagère.

Warm a sheep's liver cut into dice, in butter, season with salt, pepper, and a laurel leaf; when done, take out of the saucepan, and keep warm in the oven; cook some chopped onions in the remainder of the butter; when brown, moisten with stock, and stir in a little flour; as soon as it boils, add the pieces of liver, stir well, thicken with two or three yolks of egg, flavour with either lemon-juice or a few drops of vinegar, and serve.

Peach marmalade.

Peel and stone some ripe autumn peaches, lay them in layers in a deep dish, thickly covered with powdered sugar, and leave in a cool place for twelve or fifteen hours. Boil them in a preserving-pan, allowing a pound of sugar for every pound of peaches; when done, pass through a tammy. Crack the stones, peel the kernels of a few of them, and boil in syrup; add to the marmalade, and serve when cold.

OCTOBER 4.

Potage à la Gouffé.
Filets de sole à la Joinville,
Ailerons de dindon à la purée de marrons.
Filet de bœuf rôti.
Céleris au jus.
Darioles au café.

Tapioca soup à la Gouffé.
Fillets of sole à la Joinville.
Turkey pinions with purée of chestnuts.
Roast fillet of beef.
Stewed celery.
Duchess cakes flavoured with coffee.

Tapioca soup à la Gouffé.

Make some tapioca soup (see 14th of January), and pour into a soup-tureen on to fillets of truffle, chicken, and pickled tongue.

Fillets of sole à la Joinville.

Toss the fillets in a saucepan with butter; when done, place round a dish, and fill the centre with boiled shrimps and minced truffles, cover with German sauce, to which you have added a little shrimp butter.

Turkey pinions with purée of chestnuts.

Remove the large bones from the pinions, blanch them, and cook in mirepoix; when done, place round an entrée dish, fill the centre with a purée of chestnuts, and serve. Clear the sauce of all grease, pass through a tammy, reduce, and hand in a sauceboat.

Mirepoix.

This sauce can be made for either feast or fast days; for the former, take some chopped veal, ham, bacon, carrots, and onions, season with salt, pepper, laurel leaves, and chopped eschalots; simmer over a slow fire for two hours, moisten with white wine and stock, pass through a tammy, season with salt and pepper, and keep in a jar until required. For fast days, leave out the stock, veal, ham, and bacon. Crayfish are delicious when boiled in "mirepoix for fast day," flavoured with either lemon-juice or vinegar.

OCTOBER 5.

Purée de carrottes aux nouilles.	Purée of carrots with German paste.
Escalopes de homard.	Lobster scallops à la parisienne.
Canards aux olives.	Stewed duck and olives.
Gigot rôti.	Roast leg of mutton.
Haricots panachés sautés.	French beans and haricots à la maître d'hôtel.
Dumpling ferme.	Currant dumplings.

Stewed duck and olives.

Warm your duck in a stew-pan with butter; when a good colour, remove the duck, stir some flour and stock into the butter; as soon as it boils, pass through a tammy, and replace in the stew-pan with the duck; season with a bouquet of mixed herbs, an onion stuck with cloves, salt and pepper; simmer for an hour, add some olives which have been soaked and stoned, boil for a few minutes, and dish up the duck and olives; clear all grease off the sauce, and pour over them. Stewed ducks can also be garnished with celery cooked in stock.

Lobster scallops à la Parisienne.

Scallop either the tail of a lobster or sea crayfish, which has been boiled in court-bouillon (see 18th of April), warm in melted butter, and place round an entrée dish, fill the centre with the following ingredients:—Warm some eel quenelles (see fish quenelles), oysters, and mushrooms in Parisian sauce, and use to garnish the lobster scallops.

OCTOBER 6.

Potage purée de navets aux croûtons.	Purée of turnips and fried toast.
Grenadine de filet de bœuf à la financière.	Slices of fillet of beef à la financiére.
Rougets en caisse.	Red mullet in cases.
Perdreaux rôtis.	Roast partridges.
Aubergines farcies.	Stuffed egg-plant.
Beignets de pommes.	Apple fritters.

Slices of fillet of beef à la financière.

Cut a fillet of beef into scallops, the shape of a dried pear, lard them with fine fillets of bacon, and cook in mirepoix (see 4th of October), flavoured with Madeira, when done, arrange round an entrée dish, and fill the centre with financière garnish (see 27th of December), reduce the sauce in which the beef was cooked, pass through a tammy, and add to the garnish.

Chickens à la Chivry.

Truss your chickens, cover them with slices of bacon, and simmer over a slow fire in mirepoix; when done, remove the bacon, and dish up the chickens, covered with ravigote sauce.

Stuffed egg-plants.

Divide the egg-plants lengthways, make several lozenge-shaped incisions in the centre of the vegetable, but be careful not to cut the skin, sprinkle with salt, soak in water for half an hour, drain, squeeze out all water, scoop out the centres, and lay them on a tin dish, which has been sprinkled with olive oil. Scoop out the centres of some egg-plants, which have been soaked and drained, chop them up with mixed herbs, salt and pepper, stir in a little thin brown thickening and olive oil, warm for a few minutes, fill the empty egg-plants with this stuffing, place them in the tin dish, sprinkle with grated bread-crust, brown in the oven or with a salamander, and serve.

OCTOBER 7.

Potage consommé au tapioca.	Tapioca soup.
Cabillaud à la hollandaise.	Salt cod à la hollandaise.
Côtelettes d'agneau sautées aux haricots verts.	Lamb cutlets and French beans.
Râble de lièvre rôti.	Roast baron of hare.
Artichauts farcis.	Stuffed artichokes.
Bavarois à la vanille.	Bavarian vanilla cream.

Lamb cutlets and French beans.

Trim your cutlets, toss them in a saucepan with fresh butter; when done, place then round an entrée dish, and fill the centre with boiled French beans, to which you have added some béchamel sauce.

Thrushes à la paysanne.

Pluck, pick, truss the thrushes and pass a thin skewer through them, fix on to the spit, and roast. Wrap up a lump of fat bacon in a sheet of paper, set fire to it, and hold over the birds with a skewer or iron fork until all the bacon is melted; sprinkle the thrushes with salt and bread-crumbs. Spread some chopped eschalots on a dish, add salt, pepper, a little gravy or water, a lump of butter, the juice of a lemon and a few drops of vinegar; place the thrushes on this, and serve very hot.

Stuffed artichokes.

Trim and blanch your artichokes, cut out the chokes, and fill them with a stuffing composed of chopped beef, parsley, and chives; cook in a stew-pan, lined with slices of bacon, moisten with olive oil, to which you have added some chopped mixed herbs, a little lemon-juice, and serve.

OCTOBER 8.

Potage croûte au pot.	Soup with gravy crusts.
Bar sauce aux crevettes.	Bass, shrimp sauce.
Carbonade de mouton à la nivernaise.	Boned loin of mutton à la nivernaise.
Gigot de chevreuil rôti.	Roast leg of roebuck.
Cardons au jus.	Stewed cardoons.
Pêches à la Richelieu.	Peaches à la Richelieu.

Boned loin of mutton à la Nivernaise.

Bone a loin of mutton, lard it, and stew in mirepoix, mixed with either beef or veal stock; when done, place on a dish; pass through a tammy, reduce and pour over the mutton; garnish with either stewed carrots or a purée of sorrel, chicory, or artichoke.

Stewed cardoons.

Cut the white ends of the cardoons into equal lengths, blanch them in boiling water, soak in cold water; when cool, dry, scrape, and clean them thoroughly, drain and cook in a stew-pan, lined with slices of bacon, ham, carrots, two heads of cloves, and a bouquet of mixed herbs; cover the cardoons with slices of lemon and bacon, moisten with water, sprinkle with salt, and as soon as the water boils, stir in a lump of butter mixed with flour; when done, drain the cardoons. Stir a little gravy and beef marrow, which have been melted in a bain-marie into some brown thickening, simmer the cardoons in this sauce for ten minutes, and serve.

OCTOBER 9.

Potage au pain.	Bread soup.
Pièce de bœuf garnie de petits pâtés.	Boiled beef with meat patties.
Poulet sauté.	Brown fricassée of fowl.
Lièvre en daube.	Cold stewed hare.
Salade de légumes.	Vegetable salad.
Pommes au beurre.	Stewed apples.

Cold stewed hare.

Bone your hare, pound the bones and head in a mortar, and simmer for an hour and a half in equal quantities of stock and white wine, with a knuckle of veal cut into dice, sliced onions and carrots, salt, pepper, and a bouquet of mixed herbs, and pass through a tammy. Line an earthenware jar with slices of bacon, add the boned hare, sprinkle it with chopped salt pork and veal, season with salt, pepper and mixed spice, moisten with the stock made from the bones, cover with slices of bacon, bake in a slow oven ; when done, taste, in case it requires more seasoning, and serve when cold, in the jar in which it was baked.

Brown fricassée of fowl.

Cut up a fowl into joints, toss in a saucepan with butter, stir in a little flour, moisten with white wine and strong stock, season with salt, pepper, and chopped mushrooms and parsley, simmer until the sauce is reduced, skim off all grease, and serve.

Eschalot sauce.

Boil five or six finely-minced eschalots in a cupful of stock, and a dessert-spoonful of vinegar, season with salt and pepper, and pour into a sauceboat when done.

OCTOBER 10.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage au potiron.	Leek soup.
Carpe à la Chambord.	Carp à la Chambord.
Œufs farcis.	Stuffed eggs.
Esturgeon rôti.	Roast sturgeon.
Salsifis frits.	Fried salsifis.
Gâteau de riz.	Rice cake.

Roast slice of sturgeon.

Either butter or oil a large sheet of paper, cover it with slices of onions, carrots, salt, pepper, chopped laurel leaves, thyme, and parsley; skin a slice of sturgeon, fold it up in this paper, cover it with a second sheet of paper, also oiled, and roast it on the spit before a slow fire; when done, remove the paper and dish up, covered with piquante sauce for fast day.

Fried salsifis.

Scrape the salsifis, cut off the heads, and soak in vinegar and water. Stir a quarter of a pound of flour into three quarts of water, stir over the fire until it boils, add the salsifis, season with salt, pepper, and a wine-glassful of vinegar; when done, leave until cold, after which cut up the salsifis into equal lengths, and lay them in a deep dish, with a tablespoonful of olive oil, the same quantity of vinegar, salt and pepper; drain, and dry them with a cloth, dip into batter, and fry in boiling lard; when a good colour, drain them, dry with a cloth, and dish up in a pyramid, garnished with fried parsley.

OCTOBER 11.

Potage aux œufs pochés.	Clear soup with poached eggs.
Côtes de bœuf braisées.	Braised ribs of beef.
Casserole au riz garnie de ris d'agneau.	Rice and lamb's sweet-bread.
Ortolans rôtis.	Roast ortolans.
Friture mêlée à l'italienne.	Italian fry.
Meringues à la crème.	Meringues and cream.

Rice and lamb's sweet-bread.

Boil your rice, pound it, and pour into a well-buttered mould, brown in the oven; scoop out a hole in the centre, and fill it with lamb's sweet-breads, which have been cooked in German sauce, and cockscombs also cooked in the same sauce. This dish can also be made with scalloped rabbit, or any kind of purée, garnished with stewed mushrooms and truffles.

Italian fry.

This fry is an odd medley, and is composed of the following ingredients, which must all be dipped into batter, fried in lard, and served in the same dish. Ram's kidneys, which have been soaked in salt water, pieces of bread, tendons of veal, calf's brains, sweet-breads, rice croquettes, pieces of cauliflower, egg-plant, anchovies, and artichokes. Be very careful that they are all quite fresh.

OCTOBER 12.

Potage à la semoule lié.	Semolina soup.
Cabillaud sauce aux câpres.	Salt cod with caper sauce.
Chaufroix de perdreaux.	Cold glazed fillets of partridges.
Gigot d'agneau rôti.	Roast leg of lamb.
Cardons au gras.	Cardooons for feast day.
Gelée au jus de grenades.	Pomegranate jelly.

Cold glazed fillets of partridge.

Roast your partridges, fillet them ; pound all the meat off the carcases in a mortar with truffles and mushrooms ; simmer the bones in a tumblerful of white wine, season with truffle trimmings, eschalots, and a laurel leaf; leave on the fire until reduced to about three quarters the quantity, squeeze through a cloth, add two tablespoonsful of clear stock to it, stir half of this sauce into the pounded meat, mix it thoroughly with a wooden spoon in a saucepan until it boils, pass through a tammy, and leave until cold. Place the fillets round an entrée dish with slices of truffle, cut the same shape, between each one, fill the centre with the purée, cover the whole with the remainder of the sauce, and garnish round with clear meat jelly.

Cardoons for feast day.

Prepare the same as cardoons for fast day (see 7th of December), with the exception of using rich white veal sauce instead of cream sauce.

OCTOBER 13.

Potage de riz à la purée de pois.	Purée of green peas and rice.
Petits pâtés à la reine.	Small patties à la reine.
Barbue aux fines herbes.	Brill with mixed herbs.
Civet de chevreuil.	Civet of roebuck.
Poularde rôtie.	Roast pullet.
Chicorée à la crème.	Purée of chicory and cream.
Timbale de poires.	Timbale of pears.

Small patties à la reine.

Roll some light paste five times, keep it about half an inch thick, cut out some very small patties, glaze with yolk of egg, and bake; when done, scoop out the centres, and fill with finely-chopped breasts of chicken, which have been cooked in rich béchamel sauce; replace the patty covers, and serve very hot. This is a very elegant side dish.

Italian Sauce.

Simmer a lump of butter as big as two eggs in a saucepan, with two tablespoonsful of chopped parsley, one tablespoonful of chopped eschalots, and the same quantity of minced mushrooms, add a bottle of white wine; reduce the sauce, and moisten with a tumblerful of velouté sauce and half a tumblerful of stock; boil over a quick fire, skim off all grease, and as soon as the sauce is thick enough, take off the fire, and keep warm in a bain-marie.

Italian sauce is one of the fundamental sauces of modern cookery.

OCTOBER 14.

Potage à la française.	French soup.
Bœuf bouilli garni de nouilles.	Boiled beef garnished with German paste.
Cailles aux laitues.	Stewed quails and lettuce.
Brochet au bleu.	Pickled pike.
Omelette aux pointes d'asperges.	Asparagus omelet.
Pommes glacées au four.	Baked apples.

Boiled beef garnished with German paste.

Prepare the beef in the same manner as boiled beef à la Flamande (see 2nd of October). Prepare some quenelles of German paste (see 28th of October), poach them in stock, drain, place them round the beef, and garnish with chopped boiled ham, grated Parmesan cheese, and meat glaze.

Stewed quails and lettuce.

Truss the quails and place them in a stewing-pan lined with slices of ham and bacon; add some chopped veal, a head of clove, an onion, a laurel leaf, a carrot, and a bouquet of parsley, moisten with stock and a little white wine; cover the birds with slices of bacon and a buttered sheet of paper; when done, serve them garnished with lettuces which have been blanched in veal stock and warmed in the liquor in which the quails were cooked.

Black butter sauce.

Warm some butter in a frying-pan until a dark brown colour, pour into a bowl, and leave until cold; cook a little vinegar in the same frying-pan, reduce, and add to the cold brown butter; warm in a saucepan, season with salt and pepper, and serve.

OCTOBER 15.

Potage aux œufs pochés.	Clear soup with poached eggs.
Esturgeon braisé.	Braised slice of sturgeon.
Côtelettes de sanglier à la Saint-Hubert.	Boar cutlets à la Saint-Hubert.
Mauviettes rôties.	Roast larks.
Croûte aux champignons.	Mushrooms on toast.
Compote de poires.	Compote of pears.

Braised slice of sturgeon.

Lard a thick slice of sturgeon, and place in a braising-pan with scraped bacon, slices of onion, minced carrots, and parsnips, salt, pepper, mixed spice, a bouquet of mixed herbs, and some white wine; cook over a quick fire, and serve, covered with piquante sauce, to which you have added some of the liquor in which the sturgeon was cooked.

Mushrooms on toast.

Blanch your mushrooms in vinegar and water, drain them, and warm in hot melted butter over a quick fire, stir in a little flour and a few drops of stock, season with salt, pepper, and a chopped head of garlic, and parsley; let it boil over two or three times, thicken the sauce with yolks of egg, flavour with lemon juice, and dish up on baked buttered bread-crusts.

Compote of pears.

Stew your pears in clarified syrup, flavour with strips of lemon peel, and colour the sugar with cochineal. Serve cold, in a glass dish.

OCTOBER 16.

Purée de pommes de terre à la chiffonnade de cerfeuil.	Purée of potatoes with chervil leaves.
Jambon aux épinards.	Ham and spinach.
Timbale à la champenoise.	Timbale à la champenoise.
Éperlans ou goujons frits.	Fried smelts or gudgeon.
Artichauts à l'italienne.	Artichokes à l'italienne.
Talmouses sans fromage.	Three-cornered custard puffs.

Lamb cutlets with a purée of cardoons.

Trim and bread-crumb your cutlets, grill them, and place round an entrée dish, fill the centres with a purée of cardoons.

Timbale à la Champenoise.

Simmer a nice slice of ham in a saucepan until nearly done, cut it up into small dice, and replace in the saucepan with chopped mushrooms, two or three truffles, a boiled carrot, a lump of butter, and a little flour; moisten with stock and white wine, reduce, clear off all grease, add some chopped cold roast breasts of chickens, blanched gherkins, parsley, and anchovies, which have been soaked in water; warm over a slow fire—be careful they do not boil—and when done, pour into a mould lined with light paste, bake, turn out of the mould and serve very hot.

Three-cornered custard puffs.

Stir some eggs into light batter paste (see 4th of May), without making it too thin, and add a little frangipane. Cut out some light paste into rounds about five inches in diameter, lay some of the liquid batter on each piece, fold up into three-cornered puffs, bake in a quick oven, and serve very hot.

OCTOBER 17.

Potage croûte au pot.	Soup with gravy crusts.
Petit salé garni de légumes.	Boiled salt pork and vegetables.
Marinade de pieds de veau.	Fried calf's feet.
Râbles de lièvre rôtis, sauce poivrade.	Roast baron of hare, poivrade sauce.
Perdreaux en soufflé.	Soufflé of partridges.
Pouding de cabinet.	Cabinet pudding.

Soufflé of partridges.

Skin several cold roast partridges, cut all the meat off them, and pound in a mortar with the livers of the birds, warm in a saucepan with a little reduced stock, and pass through a tammy. Break up the carcases, warm them in brown thickening and stock, reduce until nearly a glaze; add the purée of partridge, with a lump of fresh butter, a pinch of grated nutmeg, four yolks of egg, and two whipped whites of egg, which stir in gradually; pour into a soufflé dish or large paper case, and bake, as soon as the soufflé has risen sufficiently, serve it or it will spoil.

Roast fig-peckers.

Do not draw the birds, only cut out the gizzards and place the heads in the hole you have cut; cover them with slices of bacon, and roast before a quick fire for ten or twelve minutes; sprinkle with salt and dish up on slices of fried bread.

Pistachio nut blanc-mange.

Prepare the same as almond blanc-mange (see 29th of February), only use pistachio nuts instead of almonds.

OCTOBER 18.

Potage à la purée de gibier.	Purée of game.
Soles en matelote normande.	Soles à la normande.
Entre-côtes de bœuf à la bordelaise.	Ribs of beef à la bordelaise.
Petits oiseaux rôtis à l'italienne.	Small birds roasted à l'italienne.
Céleri au jus.	Stewed celery.
Blanc-manger aux pistaches.	Pistachio nut blanc-mange.

Purée of game.

Boil some partridges, rabbits, and a knuckle of veal in a stock-pot with stock; as soon as it boils, add some carrots, onions, and celery; when the game is thoroughly cooked, pull all the meat off the bones, and pound in a mortar with some crumb of bread which has been soaked in the stock; pass through a tammy, moisten the purée with some of the stock in which the game was boiled, and warm for a few minutes without letting it boil. Pour into a soup-tureen on to fried bread.

Ribs of beef à la bordelaise.

Cut the ribs into slices about two inches thick, beat them, sprinkle with pepper and salt, dip into olive oil, and grill. Serve, covered with bordelaise sauce and garnished with pieces of beef marrow, which have been blanched and glazed in meat glaze.

Small birds roasted à l'Italienne.

Wrap up the birds in slices of bacon, and fix them on to a skewer with a thin slice of fried bread and an equally thin slice of fried ham between each bird; roast before a quick fire, baste with melted butter, and when they have been on the spit a few minutes, sprinkle them lightly with salt and bread-crumbs, moisten with melted butter, and dish up on the skewer.

OCTOBER 19.

Potage aux queues de bœuf.	Ox-tail soup.
Rougets aux fines herbes.	Red mullet stuffed with mixed herbs.
Côtelettes de pré-salé jardinière.	Southdown mutton cutlets à la jardinière.
Gelinottes rôties.	Roast guinea-fowl.
Chicorée au velouté.	Purée of chicory and cream.
Savarins à l'ananas.	Savarin cake garnished with pine-apple.

Ox-tail soup.

Cut up two ox-tails into joints, blanch them for several minutes, drain, and simmer over a slow fire in a stew-pan lined with slices of ham, minced carrots and onions, a bouquet of mixed herbs, coarse black pepper and two heads of cloves; moisten with a teacupful of stock, reduce to a glaze, add the necessary quantity of stock and a wine-glassful of Madeira; when quite hot, pass through a tammy, clarify the soup with either minced raw beef or whites of egg; skim off all grease, and pour into a stew-pan, add some pearl barley, strips of carrot and celery, which have been boiled separately, warm over a quick fire, place the pieces of ox-tail in a dish, cover with meat glaze, and hand with the soup.

Roast guinea-fowls.

Pluck, singe, and truss the guinea-fowls carefully, lard with fine fillets of bacon, roast before a good fire and baste frequently, serve garnished with watercress.

OCTOBER 20.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage à la parisienne.	Parisian soup.
Matelote d'anguille.	Stewed eel.
Macaroni aux tomates.	Maccaroni and tomatoes.
Soles frites.	Fried soles.
Croquettes de pommes de terre.	Potato croquettes.
Pommes au riz.	Stewed apples and rice.

Fried salt cod.

Soak and boil a piece of salt cod, break it into small pieces, egg and bread-crumb them, repeat this, and fry until a good colour. Serve, garnished with fried parsley.

Stewed roe for fast day.

Simmer a small carp cut into pieces, in a saucepan with a little butter and sliced onions—be careful it does not burn—moisten with vegetable gravy for fast day (see 29th of September), add a lump of butter, a bouquet of mixed herbs, a head of garlic, two heads of cloves, salt and pepper, leave on the fire for an hour; pass the liquor through a tammy, cook the roe in it for a quarter of an hour, after which dish it up; reduce the sauce, thicken it with yolks of egg and cream, flavour with lemon juice, and pour over the roe.

Potato croquettes.

Boil some yellow potatoes in salt and water; when three quarters done, place them in the oven or in hot cinders until cooked; pass them through a tammy, and add some yolks of egg and butter to them; roll into small long-shaped croquettes, egg and bread-crumb them, fry in hot lard or butter and serve sprinkled with salt.

OCTOBER 21.

Potage au pain.	Bread soup.
Bœuf bouilli sauce tomates.	Boiled beef with tomato sauce.
Bouchées de purée de volaille.	Small chicken patties.
Gigot rôti.	Roast leg of mutton.
Œufs pochés à la purée de céleri.	Poached eggs with purée of celery.
Blanc-manger à la vanille.	Vanilla blanc-mange.

Small chicken patties.

This is a very easy side-dish to prepare. Roll out some light paste until about an inch thick, leave for a few minutes; after which, cut out your patties with a round bevelled tin-cutter about two and a half inches in diameter; cut out the patty covers with a smaller cutter, and bake for twenty minutes; scoop out the centre of the patties, fill them with either a purée of fowl, oysters, lobster, shrimps, or forcemeat; warm in the oven for a few minutes, and serve very hot.

Stewed duck and peas.

Prepare the duck the same as stewed duck and olives (see 5th of October), add some green peas to the stew about a quarter of an hour before taking off the fire, and serve.

Purée of cardoons.

Blanch your cardoons, and boil in béchamel sauce; when thoroughly done, skim off all grease, pass through a tammy, and add a little butter and cream to the purée.

OCTOBER 22.

Potage aux pâtes d'Italie.	Clear soup with Italian paste.
Coquilles de moules.	Scalloped mussels.
Haricot de mouton aux navets.	Haricot mutton with turnips.
Mauviettes rôties.	Roast larks.
Artichauts à la barigoule.	Stuffed artichokes à la barigoule.
Parfait au café.	Bavarian coffee cream.

Scalloped mussels.

Wash the mussels, take them out of their shells, cut them in two, and warm in white thickening with a little of their liquor; stir in two or three yolks of egg, a lump of fresh butter, and some chopped parsley; when done, pour into scallop shells, sprinkle with bread-crumbs, and brown in the oven or with a salamander.

Kromeskys.

Chop up some breast of chicken, fillets of partridge or pheasant, truffles, foie gras, pickled tongue, and mushrooms; warm in thick reduced Spanish sauce, and leave until cold. Flatten out some calf's udders, lay a dessert-spoonful of the forcemeat on each one, fold them over, dip into batter and plunge into boiling lard; when a good colour, drain the kromeskys, dish them up in a pyramid, and garnish with fried parsley.

Roast larks.

Pluck and singe the larks, but do not draw them, wrap each one in a slice of fresh bacon, fix them on to the spit with a skewer, and roast before a quick fire. Lay some slices of toast in the dripping-pan, and dish up the larks on them.

OCTOBER 23.

Potage Faubonne.	Faubonne soup.
Vives à la maître d'hôtel.	Weavers à la maître d'hôtel
Côtelettes de veau au champignons.	Veal cutlets with purée of mushrooms.
Lièvre rôti.	Roast hare.
Choux-fleurs au gratin.	Baked cauliflower with bread-crumbs.
Tartes aux fraises.	Strawberry tartlets.

Roast hare.

Skin, draw, and trim your hare; hold it over hot coals until the flesh is firm, lard it with fine fillets of bacon from the neck to the thighs, roast it for an hour and a half, and dish up, covered with poivrade sauce, to which you have added the brains and liver of the hare, after pounding and passing them through a tammy. Hand red currant jelly separately.

Weavers à la maître d'hôtel.

Cut some slits down the sides of the fish, soak in olive oil, with salt and parsley for an hour or two, after which, broil them, and dish up, covered with maître d'hôtel sauce.

Remoulade sauce.

Chop up some parsley, chives, capers, anchovies, and a head of garlic, add a little mustard and salt, stir into olive oil, and beat until the sauce is quite thick.

Veal cutlets with a purée of mushrooms.

Prepare the cutlets the same as veal cutlets "à la Gingarat" (see 5th of July), and dish up on a purée of mushrooms.

OCTOBER 24.

Potage à la purée d'oseille.	Purée of sorrel.
Aloyau braisé.	Braised sirloin of beef.
Barbillons frits.	Fried barbel.
Coq de bruyère rôti.	Roast black-cock.
Champignons au gratin.	Baked mushrooms and bread-crumbs.
Charlotte de pommes.	Apple Charlotte.

Roast black-cock.

Choose some tender young birds, lard them with fine fillets of bacon, and roast. Serve, garnished with slices of lemon, and hand strong gravy in a sauceboat.

Apple Charlotte.

Peel a dozen fine russet apples, scoop out the cores, cut them up into small pieces, and stew in a preserving-pan with plenty of sugar, a little water, strips of lemon peel, and a small piece of cinnamon; cook over a quick fire, stir occasionally, add a lump of very fresh butter, and remove the lemon peel and cinnamon as soon as the apples are done. Line a mould with slices of bread-crumb, which have been dipped into melted butter; let each piece overlap the other, fill the centre with the stewed apples, and if fancied, add a little apricot, cherry, or gooseberry jam, cover with a round slice of bread-crumb, also moistened in melted butter; place the mould in a saucepan until warm—be careful the bread does not burn—after which, bake in the oven, when a pretty golden colour, turn out of the mould, and serve very hot.

OCTOBER 25.

Potage à l'oseille.	Sorrel soup.
Gigot de sept heures.	Boiled leg of mutton with vegetables.
Filets de maquereaux, sauce tartare.	Fillets of mackerel, tartare sauce.
Bécasses rôties.	Roast woodcock.
Choux-fleurs au beurre.	Cauliflower and butter.
Darioles.	Duchess cakes.

Boiled leg of mutton and vegetables.

Bone your leg of mutton, and brown it in a stew-pan with some butter; when a good colour, moisten with a little water, add two or three heads of garlic, five onions, two carrots, and salt; simmer over a slow fire for six or seven hours, after which, clear all grease off the sauce, thicken with potato-flour, and pour over the mutton; dish it up on a purée of chicory, haricot beans, or chestnuts.

Fried sole.

Soak your sole for half an hour in white wine, seasoned with salt, pepper, and chopped herbs; cut a slit down its back, slightly raise the fillets from the bone; soak in milk for a few minutes, sprinkle with flour, and fry in lard or butter; serve, garnished with slices of lemon and fried parsley.

Ortolans or fig-peckers in cases.

Line some small cases with perigueux sauce, and place a bird in each one, after cutting out their gizzards and placing their heads in the hole which you have made; cook in a quick oven or with a very hot salamander; before serving, moisten with a few drops of perigueux sauce.

OCTOBER 26.

Potage aux lazagnes.	Clear soup with Italian paste.
Filets de merlans à la Orly.	Fillets of whiting à la Orly.
Perdrix braisées.	Braised partridges.
Rosbif rôti.	Roast beef.
Salsifis sautés au beurre.	Salsifis cooked in butter.
Gelée au kirsch.	Kirsch jelly.

Fillets of whiting à la Orly.

Fillet the whiting and soak for an hour in either lemon juice or vinegar, with salt, parsley, and sliced onions; when nearly time to serve them, either sprinkle with flour or dip into batter, plunge into boiling lard; when a good colour, dry them in a cloth, and dish up, covered with Italian or tomato sauce.

Braised partridges.

Pluck, draw, and singe the partridges; truss them, lard with thick fillets of bacon, sprinkle with minced veal, and wrap up in slices of bacon, braise (see 28th of May) for an hour over a slow fire; when done, dish up the birds, pass the sauce through a tammy, skim off all grease, flavour with the juice of a lemon, and pour over the partridges.

OCTOBER 27.

Consommé au riz.	Clear soup and rice.
Filets de dorade aux fines herbes.	Fillets of gold fish with mixed herbs.
Grives à l'eau-de-vie.	Thrushes cooked in brandy.
Rognon de veau rôti.	Roast calf's kidney.
Macaroni au gratin.	Baked maccaroni cheese with bread-crumbs.
Meringues à la crème.	Meringues and cream.

Thrushes cooked in brandy.

Pluck, singe, and truss your thrushes; flatten them, and warm in a stew-pan, with a little melted bacon fat, a bouquet of mixed herbs, two onions, mushrooms, and truffles; as soon as they begin to colour, add two tumblersful of brandy, and toss over a quick fire until the brandy is in flames; as soon as it goes out, moisten with gravy, and simmer over a slow fire; when the birds are done, clear the sauce of all grease, season it if necessary; add the juice of a lemon, and serve on a hot plated dish.

Perigueux sauce.

Chop up some lean ham, an onion and an eschalot, brown in butter; when a good colour, moisten with white wine, and reduce; add some brown thickening, a few strips of truffles, and the same quantity of reduced stock as there is sauce; simmer until quite thick, pass through a tammy, and add some slices of boiled truffles before serving.

OCTOBER 28.

Potage aux nouilles.	Clear soup with German paste.
Maquereaux bouillis sauce aux moules.	Boiled mackerel and mussel sauce.
Langue de bœuf en papillote.	Slices of tongue in cases.
Poularde rôtie.	Roast pullet.
Céleri-rave à la sauce blanche.	Celery roots with white sauce.
Gelée au jus de grenades garnie.	Pomegranate jelly.

German paste.

Make a well in the centre of a pint of flour, and fill it with three or four eggs, a little salt, a lump of butter the size of a walnut, and some water; work the paste thoroughly, roll it out twice, divide it into four portions, cut them into pieces about two inches long, sprinkle with flour, cut into very fine strips of equal size, spread out on a sheet of paper for an hour, turn them occasionally so that they may get perfectly dry, poach in boiling salt and water for seven or eight minutes, drain, and place in a tammy until dry. This paste is generally served with clear soup.

Slices of tongue in cases.

Braise an ox-tongue, cut it up into thick slices, cover them with slices of bacon sprinkled with chopped herbs; wrap up carefully in oiled sheets of paper so that no gravy may escape, broil for a few minutes on the gridiron, and serve.

OCTOBER 29.

Potage de riz à la purée de pois verts.	Purée of green peas and rice.
Cabillaud bouilli, sauce crevettes.	Boiled cod, shrimp sauce.
Jambon à la maillot.	Boiled ham à la maillot.
Pâté de bécasses.	Woodcock pie.
Écrevisses en buisson.	Crayfish.
Bombes glacées.	Iced bomb.

Boiled ham à la Maillot.

Soak your ham for twelve hours, wrap it up in a cloth, and boil it in water; when done, place in a braising-pan with a bottle of Madeira or any kind of dry white wine, and simmer for half an hour; serve, garnished with carrots, onions, lettuces, turnips, and French beans, which have been boiled in a separate saucepan. Cover the whole with Madeira sauce.

Woodcock pie.

Bone and draw your birds, and fill them with a stuffing made of their trail and equal quantities of veal and bacon, salt, pepper, and chopped herbs, all well pounded together. Line a plain mould with paste, cover the bottom with a layer of the stuffing, and some slices of truffle; add the woodcock, fill up all interstices with forcemeat and chopped truffles; cover over with a piece of paste, glaze with yolk of egg, and make a small hole in the centre; bake, and when done, pour in a little reduced gravy through the hole in the paste, turn out of the mould, and serve either hot or cold.

OCTOBER 30.

MENU EN MAIGRE.
Potage de riz à la purée de navets.
Coquilles de laitances de carpes.
Pâté de turbot.
Mayonnaise de tanches.
Tomates farcies.
Crème au citron.

BILL OF FARE FOR FAST DAY.
Purée of turnips with rice.
Scalloped carp's roe.
Turbot pie.
Tench Mayonnaise.
Stuffed tomatoes.
Lemon cream.

Scalloped carp's roe.

Trim and blanch the roe, boil in salt and water, with a little vinegar; when done, cut up into dice, and simmer for a few minutes in white thickening, moisten with a little water in which mushrooms have been boiled, and white wine; season with salt, pepper, and a bouquet of mixed herbs; as soon as the sauce thickens, add some sliced boiled mushrooms and crayfish tails; when done, remove the bouquet of herbs, stir in a lump of butter, and pour into scallop shells; sprinkle with grated fried bread, brown in the oven, and serve.

Turbot pie.

Trim the turbot, parboil it, and season the water with salt, pepper, cloves, a pinch of grated nutmeg, and some chopped herbs. Line a large pie dish with paste, add the turbot, garnish it with slices of hard-boiled eggs, a finely-chopped onion, and plenty of fresh butter; cover over with paste, and bake. Serve either hot or cold.

Bordelaise sauce.

Moisten some brown thickening with equal quantities of stock and white wine, season with chopped eschalots, parsley, salt and pepper; reduce for a few minutes, and serve.

OCTOBER 31.

Potage au tapioca.	Tapioca soup.
Côte de bœuf braisée.	Braised ribs of beef.
Poulet sauté.	Brown fricassée of fowl.
Éperlans frits.	Fried smelts.
Salade russe.	Russian salad.
Pommes meringuées.	Meringue of apples.

Stuffed tomatoes.

Dip your tomatoes into boiling water, and peel them, scoop out the centres with a small spoon, and place the tomatoes on a tin dish. Take a lump of butter mixed with flour, a little mushroom liquor, thick purée of tomato, olive oil, chopped parsley, and eschalots, salt and pepper, stir in a saucepan until quite hot, and thoroughly mixed; fill each tomato with some of this stuffing, sprinkle them with grated bread-crust; pour a few spoonsful of olive oil into the dish, and bake for ten or twelve minutes; if not quite done, brown with a salamander.

Russian salad.

Chop up some cold fillets of chicken and partridge, with carrots, turnips and asparagus, all of which have been cooked; take some cold boiled green peas, small French beans, beetroot cut into lozenges, crayfish tails, capers, stoned olives, and fillets of anchovy; stir all these ingredients thoroughly together, and add a little caviare, a pinch of cayenne pepper, a chopped eschalot, black pepper, mustard, oil, and vinegar. If skilfully prepared, no particular flavour ought to predominate in this highly seasoned salad.

NOVEMBER 1.

Potage aux œufs pochés.	Clear soup with poached eggs.
Rosbif à l'anglaise.	Roast beef.
Timbale de macaroni.	Timbale of maccaroni.
Cailles rôties.	Roast quail.
Tomates farcies.	Stuffed tomatoes.
Omelette soufflée.	Omelet soufflé.

Timbale of maccaroni.

Cook your maccaroni in boiling water, and season with an onion stuck with cloves, salt, and a few slices of carrot; when done, drain, and warm in a saucepan, with strong gravy, equal quantities of grated Gruyère and Parmesan cheese, a very little grated household cheese, and some minced fricassée, or roast breast of chicken; pour into a mould lined with light paste, cover with a round piece of the same paste, with a small hole in the centre; when done, moisten with a little meat gravy, turn out of the mould, and serve.

Omelet soufflé.

Break open five eggs, and keep the yolks separate from the whites. Stir four ounces of powdered sugar, a few pounded maccaroons, candied orange flowers, and a pinch of salt, into the yolks; whip the whites, add to the yolks, and pour into a deep dish lined with butter; bake in a moderate oven, and serve directly it is cooked.

NOVEMBER 2.

Potage Solférino.	Solferino soup.
Barbue sauce aux huîtres.	Brill with oyster sauce.
Poitrine de veau farcie.	Stuffed calf's breast.
Gigot de chevreuil rôti.	Roast leg of roebuck.
Laitues au jus.	Stewed lettuce.
Blanc-manger.	Blanc-mange.

Blanc-mange.

Wash, blanch, and pound a pound of Jordan almonds, and half a dozen bitter almonds, add some lemon peel, moisten occasionally with cold water, and continue to pound until a smooth, thick paste, squeeze through a cloth five or six times, adding a tumbler of cold water each time; stir the milk of almonds into three quarters of a pound of lump sugar; as soon as the sugar is dissolved, pass through a silk tammy, add an ounce of gelatine, which has been melted in three wine-glasses-ful of boiling water, stir thoroughly together; flavour with either orange-flower water, lemon, or vanilla; pour into a mould, place in the refrigerator; when set, turn out of the mould, and serve.

Compote of chestnuts.

Boil your chestnuts in water; if they colour it very much, change the water; when done peel them, and add to some hot syrup boiled to the snap, leave on the fire for a few minutes, flavour with either orange-flower water or vanilla; pour into a glass dish, and serve when cold.

NOVEMBER 3.

Potage au pain.	Bread soup.
Pièce de bœuf bouilli, sauce raifort.	Boiled beef with horse-radish sauce.
Sauté de filets de volaille à la cardinal.	Fillets of fowl à la cardinal.
Quartier de sanglier rôti à la sauce poivrade.	Roast forequarter of boar, poivrade sauce.
Purée de mousserons.	Purée of mushrooms.
Pommes au beurre.	Stewed apples.

Fillets of fowl à la cardinal.

Prepare in the same manner as "Fillets of chicken cooked in butter" (see 25th of December); when done, place round an entrée dish, with a slice of truffle between each fillet; fill the centre with German sauce, to which you have added some crayfish butter to make it red, and garnish the fillets with crayfish tails.

Purée of mushrooms.

Trim and wash your mushrooms, blanch, drain, and mince them up as fine as possible, warm in a saucepan, with a little butter, and the juice of a lemon; when slightly browned, moisten with gravy, season with salt and pepper, and reduce until the usual substance of a purée.

Spanish sauce.

Warm two slices of ham, a few slices of veal, carrots, and onions, in a stew-pan, moisten with stock, and half a bottle of white wine; season with a head of garlic, a bouquet of parsley, two heads of cloves, and a laurel leaf; simmer for two or three hours over a slow fire, add a little brown thickening to the sauce, reduce, and pass through a tammy; pour into a jar when quite thick, and keep until required.

NOVEMBER 4.

Potage au riz à la purée de pois secs.	Pea soup with rice.
Jambon braisé garniture de navets.	Braised ham and turnips.
Filets de levraut piqués.	Larded fillets of hare.
Ortolans rôtis.	Roast ortolans.
Céleri au jus et aux truffes.	Stewed celery and truffles.
Macédoine de fruits.	Macedoine of fruit.

Larded fillets of hare.

Trim and lard some fillets of hare, and soak for an hour in olive oil seasoned with salt, and mixed spice, cook them the same as "Fillets of mutton à la minute" (see 8th of September), and serve garnished with poivrade sauce.

Brown thickening.

Brown thickening is the foundation of nearly all brown sauces. Place a lump of butter, well mixed with fine flour, in a saucepan, stir over a quick fire, until a good brown colour, moisten with stock; stir the whole time, and as soon as it boils take off the fire. Some brown thickenings have an acid taste, which is caused by the butter being browned over too quick a fire, which can be avoided by taking the saucepan off the fire as soon as the butter melts, and placing it under the fire, so that hot cinders may fall on the lid; stir occasionally, and when brown, moisten with stock as above.

NOVEMBER 5.

Potage de consommé au macaroni.
Paupiettes de filets de merlans.
Côtelettes de mouton à la jardinière.
Cailles rôties.
Purée de marrons.
Croûte au madère.

Clear soup with maccaroni.
Baked fillets of whiting.
Mutton cutlets à la jardinière.
Roast quail.
Purée of chestnuts.
Fried brioche with Madeira.

Baked fillets of whiting.

Sprinkle the fillets with salt and pepper, cover one side of them with fish forcemeat, roll them, and fix on to a skewer, wrap in a sheet of buttered paper, and either bake or broil them; when nearly done remove the paper, sprinkle the fillets with bread-crumbs, and dish up as soon as a pretty golden colour; stir some crayfish butter into German sauce, and pour over them. Another way of cooking fillets of whiting is to place them in a baked pie-case (after rolling and stuffing as above) garnished with oysters and mushrooms; moisten with German sauce flavoured with essence of mushroom, and bake in the oven.

Purée of chestnuts.

Peel some roast chestnuts, and warm in butter, moisten with stock and white wine, and simmer over a slow fire until quite soft; pound in a mortar, pass through a tammy, and serve.

Purée of white haricot beans.

Boil your beans in water, pass through a tammy, and moisten the purée with either game stock, essence of ham, reduced veal stock, melted goose fat, mutton gravy, or fresh butter; serve garnished with sippets of fried bread.

NOVEMBER 6.

Potage à la purée de navets.	Purée of turnips.
Brème grillée.	Broiled sea bream.
Ris de veau en hâtelets.	Calf's sweet-breads on skewers.
Perdreaux à la Cussy.	Braised partridges à la Cussy.
Gigot de mouton rôti.	Roast leg of mutton.
Haricots blancs au jus.	Stewed white haricot beans.
Gelée au rhum.	Rum jelly.

Braised partridges à la Cussy.

Remove all the bones from the partridges except the thigh bones and legs, stuff them with a forcemeat composed of chopped sweet-bread, mushrooms, truffles, and cockscombs which have been boiled; sew up the birds to their original shape, and hold over hot cinders or coals until the breasts are quite firm. Line a braising-pan with a slice of ham, warm it, and season with onions, carrots, a bouquet of mixed herbs, chopped bacon, the partridge bones, which have been pounded, salt and pepper, moisten with stock and white wine. As soon as the vegetables get soft add the partridges, cover them with a buttered sheet of paper, and simmer over a slow fire, with hot coals on the lid of the braising-pan; when done dish up the birds, pass the sauce through a tammy, skim off all grease, reduce, add a few slices of truffles to it, and pour over the partridges.

Roast ortolans.

Do not draw the ortolans, but cut out their gizzards, and place the heads in the hole you have made, wrap them up in thin slices of bacon, roast before a quick fire for ten or twelve minutes, sprinkle with salt, and dish up on fried slices of bread.

NOVEMBER 7.

Potage au tapioca.	Tapioca soup.
Noix de veau braisée.	Braised chump of veal.
Cailles au truffes.	Quails stuffed with truffles.
Râble de lièvre à la gelée de groseilles.	Baron of hare with red currant jelly.
Haricots au beurre de piment.	Haricot beans with capsicum butter.
Bavarois au café.	Bavarian coffee cream.

Quails stuffed with truffles.

Draw and singe your quails. Peel some truffles, and cut them up into large dice; pound the quails' livers and the truffle trimmings in a mortar, season with salt and white pepper, stir in a lump of butter, warm in a saucepan, and when cold, stuff the birds with this forcemeat and the chopped truffles; roast, and serve with Périgueux sauce.

Haricot beans with capsicum butter.

Boil the beans in salt and water; when done, drain them and toss in a saucepan with some capsicum butter (see 14th of July), and serve.

Calf's sweet-breads on skewers.

Blanch, drain, and strain the sweet-breads, cut them up into square blocks, and cook in German sauce; when done leave in the sauce until cold; cut up some calf's udders to the same shape as the pieces of sweet-bread, and cook in German sauce; when cold fix alternate pieces of sweet-bread and udder on to skewers, replace any sauce which may have been rubbed off, bread-crumb, and broil over a quick fire, dish up, and cover with Italian sauce.

NOVEMBER 8.

Potage aux œufs pochés.	Clear soup with poached eggs.
Andouillettes de Troyes grillées.	Broiled veal sausages.
Côte de bœuf braisée.	Braised ribs of beef.
Moules à la Villeroi.	Mussels à la Villeroi.
Faisans rôtis.	Roast pheasants.
Tomates farcies.	Stuffed tomatoes.
Œufs à la neige.	Poached whites of egg.

Broiled veal sausages.

Cut up part of a neck of veal and some calf's udders into very thin strips, and boil in water. Chop some mushrooms, truffles, parsley, and eschalots, very fine, warm in butter, moisten with chicken gravy and white wine, season with mixed spice, reduce to half the quantity, add the strips of veal and udder, six yolks of egg, salt and pepper, stir the whole time, and keep a small fire, so that it may not boil; blanch some calf's guts, soak in vinegar and water, fill them with forcemeat, and divide into sausages; boil them in stock and white wine, with a lump of sugar; when done, drain, and leave until cold. Broil the sausages over a slow fire, and serve, garnished with parsley.

Mussels à la Villeroi.

Warm the mussels in white wine; as soon as they open take them out of their shells, and, when cold, dip one at a time into Villeroi sauce, place on a dish until cool, after which bread-crumb them very carefully, fry in butter; when a golden colour, dish up, garnished with fried parsley.

NOVEMBER 9.

Purée de pois aux croûtons.	Purée of peas with fried bread.
Cabillaud à la hollandaise.	Cod à la hollandaise.
Ortolans à la périgourdine.	Ortolans à la périgourdine.
Gigot d'agneau rôti.	Roast leg of lamb.
Betteraves à la chartreuse.	Beetroot fritters.
Dumpling ferme.	Currant dumplings.

Ortolans a la Périgourdine.

Dress the birds the same as "Roast ortolans" (see 6th of November), cover them with slices of bacon, and cook in a bain-marie moistened with stock and lemon juice. Take as many truffles as there are ortolans, scoop out the centres, boil in champagne; when done, pour a little purée of game into each truffle, add the ortolans, warm for a few seconds in the oven, and serve.

Beetroot fritters.

Cut up some cold boiled yellow beetroot into slices, take two pieces at a time, place a slice of raw onion sprinkled with chopped chervil, pimpernel, salt, pepper, and grated nutmeg between them, dip into batter, and plunge into boiling lard; when a good colour, dish up, and sprinkle with salt.

Currant dumplings.

Take some flour, a little water, a pinch of salt, and a few currants, make into a paste; when thoroughly mixed roll into balls about the size of a turkey's egg, sprinkle them with flour, tie up in a cloth, and cook for half an hour in boiling water; when done, serve, covered with a sweet Madeira sauce.

NOVEMBER 10.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage purée de lentilles aux croûtons.	Purée of lentils with fried bread.
Brandade de morue.	Cream of salt cod.
Œufs pochés sauce tomates.	Poached eggs with tomato sauce.
Sarcelles rôties.	Roast teal
Macaroni au gratin.	Baked maccaroni and bread-crumbs.
Blanc-manger à la vanille.	Vanilla blanc-mange.

Cream of salt cod.

Soak a piece of salt cod for forty-eight hours, change the water four or five times during that time. Cook in cold water, and, soon as there are signs of its boiling over, add a tumblerful of cold water, take the fish-pan off the fire, and leave with the lid on for a quarter of an hour; after which take out the cod, drain, bone, and skin it very carefully, place in a saucepan, sprinkle with lemon juice, and stir over the fire, whilst a second person pours in some fine olive oil drop by drop, until the cod gets to such a thick paste that it clings to the bottom of the saucepan although it is being stirred; add half a tumblerful of milk, the same quantity of water, continue stirring, recommence dropping in olive oil, and when quite dissolved to a cream, season with slices of truffle, chopped parsley, and a small head of garlic, which have been warmed in olive oil; sprinkle with salt and pepper, and serve very hot. This cream to be perfect must never be allowed to boil over.

NOVEMBER 11.

Potage à la purée de marrons.	Purée of chestnuts.
Oie à la chipolata.	Braised goose à la chipolata,
Tourne-dos à la sauce poivrade.	Fillets of beef with poivrade sauce
Goujons frits.	Fried gudgeon.
Salade de pommes de terre.	Potato salad.
Croquenbouche.	Croquenbouche.

Braised goose à la chipolata.

Choose a fine goose and truss it for boiling. Line a braising-pan with slices of bacon, slices of beef, two slices of ham, the goose's giblets, three carrots, three onions, a bouquet of mixed herbs, two heads of cloves, salt, and pepper; add the goose, moisten with stock and Madeira, or any other white wine, cover over with a buttered sheet of paper, and cook over a moderate fire; when done dish up the goose, and garnish with chipolata sausage.

Fillets of beef with poivrade sauce.

Cut up a fillet of beef into small slices an inch thick, lard them with fine strips of bacon, and soak for two hours in marinade sauce (see 3rd of December), after which drain, and toss in a saucepan, with butter, salt and pepper; when done, place them round an entrée dish, with a piece of fried bread between each fillet, and fill the centre with poivrade sauce.

Boar cutlets à la Saint-Hubert.

Trim the cutlets, and fry in butter, salt and pepper, over a quick fire, turn them so that both sides may be thoroughly done, and place round a dish. Stir some stock and white wine into a little brown thickening, boil for a few minutes, and pour over the cutlets.

NOVEMBER 12.

Consommé aux œufs pochés.	Clear soup with poached eggs.
Brochet au court-bouillon.	Pike boiled in court-bouillon.
Filet de mouton aux haricots.	Fillet of mutton and haricot beans.
Dinde rôtie.	Roast turkey-hen.
Cardons au gratin.	Baked cardoons with bread-crumbs.
Pouding à la Cowlay.	Pudding à la Cowley.

Baked cardoons with bread-crumbs.

Line a tin dish with butter, sprinkle with grated crust of bread, add your cardoons, which have been blanched and boiled, cover with grated bread-crumbs, and moisten with melted butter, brown in the oven or with a salamander.

Cardoons à l'italienne.

Prepare the same as above, only add grated cheese to the bread-crumbs.

Hard-boiled eggs with béchamel sauce.

Take twelve or fifteen hard-boiled eggs, cut them in half lengthways, and warm in béchamel sauce, for either fast or feast day; do not let the sauce boil, add a little butter, and a pinch of grated nutmeg; when done, pour into a dish, and garnish with sippets of fried bread.

Pudding à la Cowley.

Stir some yolks of egg and powdered sugar thoroughly together, add some pounded almonds and more yolks of egg, thicken with mashed baked potatoes, flavour with vanilla sugar, stir in some whipped whites of egg, boil, and serve, covered with whipped cream, flavoured with vanilla.

NOVEMBER 13.

Potage à la parisienne.	Parisian soup.
Tanches à la poulette.	Tench à la poulette.
Filets de bécasses en canapé.	Fillets of woodcock on toast.
Rognon de veau rôti.	Roast calf's kidney.
Choux de Bruxelles au beurre.	Brussels sprouts with butter.
Pouding de cabinet.	Cabinet pudding.

Fillets of woodcock on toast.

Fillet four woodcock, trim them, sprinkle with salt, pepper, and a little melted butter; chop up the trail with a little scraped bacon, salt, pepper, eschalots, and parsley; cut some slices of bread-crust a good bit bigger than the fillets, make several deep slits down the edges, warm them in butter, scoop out the crumb, and fill them with the stuffing; either bake or broil them; toss the fillets in a saucepan with butter until done, lay one on each baked crust, and moisten with a sauce made of the pounded carcases of the birds mixed with meat glaze.

Batter.

Put three-quarters of a pound of flour in a pudding-bowl, melt two ounces of butter in a little warm water, blow the butter off the water into the flour, stir well, add the water, and when the paste is perfectly smooth, moisten with sufficient warm water to make it a proper substance; add a pinch of salt, and two whipped whites of egg, when the batter will be ready for use. If required for sweet fritters, employ milk instead of water.

NOVEMBER 14.

Potage à la purée de lentilles.	Purée of lentils.
Maquereaux à la maître d'hôtel.	Mackerel à la maître d'hôtel.
Filet de sanglier au chasseur.	Fillet of boar au chasseur.
Poularde rôtie.	Roast pullet.
Cardons au jus.	Stewed cardoons.
Bavarois tôt-fait au maizena.	Maizena Bavarian cream.

Fillet of boar au chasseur.

Soak the fillet for at least two days in olive oil and salt, drain, and simmer in a stew-pan lined with slices of bacon, carrots, onions, a bouquet of mixed herbs, salt, pepper, and equal quantities of stock and white wine; when sufficiently done, drain the fillet, glaze it, and serve with piquante sauce, to which you have added a little of the liquor in which it was cooked, after passing it through a tammy and reducing.

Maizena Bavarian cream.

Warm three ounces of sugar and a pinch of salt in a large tumblerful of milk; whilst this is cooking, stir three ounces of maizena and three yolks of egg into a wine-glassful of cold milk; as soon as the sugar and milk boil, add this mixture, stir over the fire for a few minutes, flavour with lemon peel or vanilla, and pour into a mould through a fine sieve; place in the refrigerator; when set, turn out of the mould and dish up on a folded napkin. The Americans generally garnish this dish with strawberry or some other kind of fruit syrup. The advantages of this cream are that it is very nice to eat and cheap to prepare.

NOVEMBER 15.

Potage à la purée de marrons.	Purée of chestnuts.
Pièce de bœuf bouillie et panée.	Boiled brisket of beef bread-crumbed.
Filets de sarcelles aux anchois.	Fillets of teal with anchovies.
Gigot de chevreuil rôti.	Roast leg of roebuck.
Croquettes de pommes de terre.	Potato croquettes.
Pommes au riz.	Stewed apples and rice.

Boiled brisket of beef bread-crumbed.

Boil your brisket. When cooked, cover it with a thick sauce made of reduced stock, four yolks of egg, salt and pepper; sprinkle with bread-crumbs, brown in the oven, and serve with Spanish sauce.

Potato croquettes.

Either bake your potatoes or boil them in salt and water, peel, and pass through a tammy, add a lump of fresh butter, salt and pepper to them, roll into croquettes on a wooden slab sprinkled with flour, egg and bread-crumb, and fry in butter; when a good colour, dish up, garnished with fried parsley.

Ribs of beef à la Bordelaise.

Cut and trim the ribs into nice shaped pieces, and sprinkle with olive oil, salt and pepper. Blanch some beef marrow, cut it into slices, and dip in warm meat glaze; broil the ribs on the gridiron, and warm the slices of marrow with a salamander; place the beef on an entrée dish, cover with the pieces of marrow, and pour some Bordelaise sauce over them.

NOVEMBER 16.

Potage de consommé à la brunoise.	Brunoise soup.
Merlans au gratin.	Baked whiting and bread-crumbs.
Boudins de lièvre.	Boudins of hare.
Filet de bœuf rôti.	Roast fillet of beef.
Salsifis à la sauce blanche.	Salsifis with white sauce.
Baba chaud au Madère.	Hot baba with Madeira sauce.

Baked whiting and bread-crumbs.

Prepare the same as baked smelts (see 26th of January).

Boudins of hare.

Fillet a hare, remove all the nerves, pound in a mortar, and pass through a fine sieve; take the same quantity of boiled calf's udders and bread-crumb which has been soaked in stock and dried in a cloth; pound all thoroughly together; if by chance you cannot procure calf's udders, use double the quantity of butter instead; season this forcemeat with mixed spice, salt, coarse black pepper, chopped eschalots and parsley, stir in some yolks of egg, and one or two whites, roll up the forcemeat into a large pudding or several small ones, and poach in boiling water; when done, drain, place on a wooden slab sprinkled with flour, moisten the pudding with melted butter, bread-crumb, and brown in the oven or on a gridiron; when a good colour, serve, without any sauce.

Sole à la Colbert.

Boil your sole, and warm it in Colbert soup (see 9th of January).

NOVEMBER 17.

Potage à la purée de jambon.	Purée of ham.
Esturgeon en fricandeau.	Fricandeau of sturgeon.
Sauté de perdreaux aux truffes.	Fillets of partridge with truffles.
Râble de lièvre rôti.	Roast baron of hare.
Epinards au jus.	Stewed spinach.
Gâteau aux amandes.	Almond cake.

Purée of ham.

Cut up a pound to a pound and a half of boiled ham into dice, pound in a mortar, moisten with stock, add a tablespoonful of Soubise sauce, and the same quantity of Spanish sauce, pass through a tammy, and stir into sufficient stock for seven or eight persons; warm, and a quarter of an hour before serving, stir in a bottle of Madeira and a lump of fresh butter. Hand fried dice of bread separately. It is better to warm the purée in a bain-marie.

Fillets of partridge with truffles.

Cut the fillets off four partridges, trim them, and warm in a saucepan with butter; as soon as they are firm, cut them up into round scallops. Pound the carcases and trimmings of the birds; warm in a little stock, pass through a tammy, reduce, add three tablespoonsful of stock, and reduce to a half glaze; warm the scallops in this sauce—be careful it does not boil—add half a pound of truffles which have been cooked in the same butter as the fillets, stir in a little butter, dish up in a pyramid, and garnish with fried sippets of bread.

NOVEMBER 18.

Potage purée Crécy.	Crécy soup.
Barbue sauce aux huîtres.	Brill and oyster sauce.
Poulet sauté.	Brown fricassée of fowl.
Gigot de chevreuil rôti.	Roast leg of roebuck.
Navets au sucre.	Stewed turnips with sugar.
Pommes au beurre.	Stewed apples.

Oyster sauce.

Make some white thickening with an ounce of flour and two ounces of butter; warm over a slow fire, add a tumblerful of stock, stir over a quick fire; as soon as it boils, simmer in the saucepan by the side of the fire, with the lid on, for twelve hours. Boil three dozen oysters in water; when done, drain, trim them, and warm in part of the water in which they were cooked; take three large tablespoonsful of the remainder of the water and add to the white sauce; reduce, pass through a tammy; warm the oysters in it, and serve very hot.

Stewed turnips and sugar.

Peel and trim some small turnips to the same size; brown in butter, and when a good colour, sprinkle with sugar, and a pinch of salt; moisten with two or three tablespoonsful of stock, place the lid on the saucepan, and simmer over a slow fire until done.

Horse-radish sauce.

Stir four ounces of scraped horse-radish into a pint of cream, add a little salt, and serve.

NOVEMBER 19.

Potage Baraquine.	Baraquine soup.
Brochet à la Clermont.	Pike à la Clermont.
Levraut à la minute.	Leveret à la minute.
Pâté de foie gras.	Pâté de foie gras.
Aspic d'écrevisses.	Aspic of crayfish.
Crème à la Chantilly.	Cream à la Chantilly.

Baraquine soup.

Add a little tapioca to some rich clear soup; when done, pour into the soup-tureen on to finely-cut strips of boiled chicken and truffles.

Pike à la Clermont.

Cut up a pike into slices, and soak for half an hour in olive oil, seasoned with lemon-juice, chopped onions, and parsley; after which, cover the pieces with bread-crumbs, and boil over a slow fire, baste with olive oil, and when done, place them in a dish; try as much as possible to keep the original shape of the fish by replacing the head, which has been boiled separately; garnish with stewed carp's roe, and hand maître d'hôtel sauce in a sauceboat.

Leveret à la minute.

Skin, draw, and cut a leveret into joints, toss in a saucepan, with butter, salt, pepper, and mixed spice; when quite firm, add some chopped mushrooms, eschalots, parsley, and a tablespoonful of flour, stir well, moisten with white wine, and stock; as soon as it boils, pour into a dish, and serve.

NOVEMBER 20.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Garbure au maigre.	Bread and cabbage soup for fast day.
Rougets en caissse.	Red mullet in cases.
Vol-au-vent de quenelles d'esturgeon.	Vol-au-vent of sturgeon quenelles.
Sarcelles rôties.	Roast teal.
Œufs brouillés aux pointes d'asperges.	Buttered eggs with asparagus heads.
Gâteau au rhum.	Baba or rum cake.

Bread and cabbage soup for fast day.

Boil some dried peas, carrots, onions, and celery in salt and water; when a good flavour, pass the liquor through a cloth, and boil some carrots, onions, and celery in it; stir in a lump of butter, and if it gets too thick, moisten with vegetable gravy for fast day (see 29th of September); the flavour of the soup is much improved by the addition of a few frogs' legs or slices of carp or tench; season with salt and pepper, pass through a tammy, and soak thick slices of bread in the stock. Finish preparing the soup, the same as bread and cabbage soup for feast day (see 14th of September), with the exception of using butter instead of bacon for cooking the cabbages, and moistening with vegetable stock instead of meat stock.

Quenelles of sturgeon.

Pound up equal quantities of sturgeon and bread-crumb, moisten with butter, season with salt, mixed spice, and a tablespoonful of chopped mixed herbs which have been warmed in butter, stir in the necessary quantity of eggs, and poach the quenelles in boiling water.

Diplomatic sauce.

Stir a little of the liquor in which some crayfish have been boiled into cream béchamel sauce, and serve.

Sauce à la Cardinal.

This sauce is made by stirring crayfish butter into some German sauce.

NOVEMBER 21.

Purée de pois secs.	Pea soup.
Sole Colbert.	Sole à la Colbert.
Côtelettes de mouton Soubise.	Mutton cutlets à la Soubise.
Coq de bruyère rôti.	Roast black-cock.
Céleri au jus avec truffes.	Stewed celery and truffles.
Tourte à la crème au maizena.	Maizena cream tart.

Roast black-cock.

We get two species of this wild bird from the northern forests of Alsace, Lorraine, and principally from the Vosges; one is as big as a peacock, and the other about the size of a pheasant; their flesh is dark, and their flavour very strong. If the birds have fed on juniper berries they will have a most disagreeable taste, and if on certain kinds of pine seeds you can at once detect it, as the smell will cling to your hand if you touch the bird. Prepare the same as pheasants, lard the breasts, and roast. The birds must not be too high.

Maizena cream tart.

Warm a wine-glassful of milk in a saucepan; as soon as it boils, stir in two ounces of powdered sugar, three ounces of butter, a pinch of salt, and take off the fire. Stir two ounces of maizena and two yolks of egg into a wine-glassful of cold milk, add to the hot milk, boil for five minutes, stir the whole time, pour into a bowl, whip until cold, and pour into a baked open tart case.

NOVEMBER 22.

Potage à la Bagration.	Bagration soup.
Matelote à la marinière.	Stewed carp and eel.
Perdreaux à l'anglaise.	Partridges à l'anglaise.
Jambon rôti.	Roast ham.
Épinards au jus.	Stewed spinach.
Bavarois au marasquin.	Bavarian cream with maraschino.

Bagration soup.

Stir some clear fish soup into a little reduced stock, simmer, skim off all grease, flavour with curry powder, thicken with cream and yolks of egg, and pour into a soup-tureen on to chopped fillets of sole and vegetables which have been warmed in butter; add some crayfish tails, and hand dice of fried bread separately.

Partridges à l'anglaise.

Draw your partridges, and stuff them with their livers chopped up with butter, salt and pepper, cover them with buttered sheets of paper, and roast; when about three quarters done, take off the spit, slightly raise each joint with a knife, and add a little forcemeat made of chopped bread-crumbs, butter, salt, coarse black pepper, a pinch of grated nutmeg, eschalots, parsley, and chives; moisten the birds with equal quantities of stock and champagne, place them in a stew-pan, do not put on the lid, and simmer over a slow fire until the sauce is reduced; dish up with their own sauce, and sprinkle with lemon juice.

Aspic of crayfish.

Fill a mould with boiled crayfish, prettily cut boiled vegetables, and meat jelly, place in the refrigerator until set, turn out of the mould, and serve with mayonnaise sauce. Garnish the dish with bouquets of cold boiled asparagus heads and small pieces of cauliflower.

NOVEMBER 23.

Potage brunoise au tapioca.	Brunoise soup with tapioca.
Rosbif à la purée de haricots rouges.	Roast beef and purée of red haricot beans.
Foies gras à la Périgueux.	Foies gras à la Périgueux.
Grousse rôtie.	Roast grouse.
Petits pois aux laitues.	Stewed peas and lettuce.
Bavarois à la fleur d'oranger.	Bavarian cream with orange-flower water.

Foies gras à la Périgueux.

The illustrious Beauvilliers used to prepare this dish in the following manner:—Take seven fat fowls' livers, cut off the gall, lard them with fine strips of truffles, lay in a stew-pan lined with slices of bacon, and moisten with either rich mirepoix, or equal quantities of white wine and stock; season with a little salt, a peeled carrot, two small onions, one of them stuck with a head of clove, a bouquet of parsley, chives, half a laurel leaf, and half a head of garlic; cover over with slices of bacon and a sheet of buttered paper, and cook for a quarter of an hour with hot coals on the lid of the stew-pan; drain, and dish up covered with truffle sauce. People will do wisely to follow the celebrated master's instructions.

Roast grouse.

Pluck, singe, draw, and truss the birds; cover with slices of bacon; roast for twenty minutes, sprinkle with salt before taking off the spit, and serve with their own gravy. In England grouse are sometimes served in the following fashion:—After roasting the birds, cut them up into joints, arrange in a pyramid on a dish, and cover with meat glaze. Hand rich gravy in a sauceboat.

NOVEMBER 24.

Potage au macaroni avec parmesan.	Maccaroni soup with Parmesan cheese.
Cabillaud farci.	Stuffed cod.
Ris de veau aux pointes d'asperges.	Sweet-breads with asparagus heads.
Gigot de marcassin rôti.	Roast leg of young wild boar.
Chicorée à la crème.	Stewed chicory and cream.
Gâteau au rhum.	Baba or rum cake.

Stuffed cod.

Choose a thick white cod's tail, boil it in court-bouillon (see 18th of April); when done, cut off the under fillets, and lay on a cloth. Make some fish forcemeat with either whiting or sweet-water fish; cut all the small bones off the centre bone of the tail with a pair of scissors, cover with a layer of forcemeat, lay the fillets in their original position, wrap up in a buttered sheet of paper, after sprinkling the cod with bread-crumbs; brown in the oven or on the gridiron, and dish up with stewed roe. Recipe for which see below.

Stewed roe.

Cook your roe in a saucepan with butter, crayfish tails, chopped parsley, chives, and some bottoms of artichokes; when done, thicken the sauce with yolks of egg, flavour with a few drops of vinegar and serve.

Glaze for cold partridges or woodcock.

Reduce five parts of Spanish sauce with one part of game stock, pass through a tammy, stir into brown meat jelly, and keep until required.

NOVEMBER 25.

Potage Soubise.	Purée of onion à la Soubise.
Vives au gratin.	Baked weaver and bread-crumbs.
Faisan à l'étouffade.	Stewed pheasant.
Levrauts bardés rôtis sauce poivrade.	Roast larded hare, poivrade sauce.
Cardons au fromage.	Cardoons with cheese.
Crêpes au maizena.	Maizena pancakes.

Purée of onions à la Soubise.

Chop up about twenty onions, warm in butter, but do not let them brown, stir in two or three tablespoonsful of purée of white haricot beans, and a pinch of grated nutmeg, and pass through a tammy; if the purée is too thick for soup, add a little stock, and serve with fried dice of bread.

Stewed pheasant.

Truss the pheasant for boiling, lard it with fine strips of bacon, sprinkle with salt, pepper, and mixed spice; be careful to lard even the legs, cover with slices of bacon, and place in a stew-pan lined with bacon; moisten with equal quantities of white wine, and stock, and simmer for two hours; when done, drain the pheasants, remove the slices of bacon, and dish up covered with game sauce.

Maizena pancakes.

Take three ounces of maizena, half a tumblerful of milk, a dessert-spoonful of olive oil, an egg, and a pinch of salt, stir thoroughly together, and make your pancakes in the usual manner.

NOVEMBER 26.

Potage de semoule à la chiffonnade d'oseille.	Semolina soup with chervil leaves.
Oie en daube.	Cold braised goose.
Petits pâtés à la bourgeoise.	Small patties à la bourgeoise.
Châteaubriand garni de pommes soufflées.	Fillets of beef à la Châteaubriand.
Buisson d'écrevisses.	Crayfish.
Madeleines à la fleur d'oranger.	Madeleine cakes with orange-flower water.

Small patties à la bourgeoise.

Prepare some small patty cases the same as for patties à la reine (see 13th of October), fill them with quenelle stuffing either for fast or feast day, bake for a quarter of an hour, glaze with yolk of egg, and serve very hot.

Fried potatoes.

Cut up your potatoes into slices about half an inch thick, plunge them into boiling lard, and remove when about three quarters done; replace them in the saucepan as soon as the lard boils over, and stir until the potatoes are quite swollen and soft, sprinkle with salt, drain, and serve very hot.

Roast baron of hare.

Cut off the legs of your hare, trim and draw it, lard and prepare it in exactly the same manner as "Roast hare (see 23rd of October).

NOVEMBER 27.

Potage croûte au pot.	Soup with gravy crusts.
Pièce de bœuf bouillie, sauce Robert.	Boiled beef, Robert sauce.
Brème de mer au vin blanc.	Bream with white wine sauce.
Paon rôti.	Roast peacock.
Artichauts à la barigoule.	Stuffed artichokes à la barigoule
Beignets soufflés.	Soufflé fritters.

Bream with white wine sauce.

Clean, scale, and cut up the bream into pieces; place in a fish-pan large enough for them to lie side by side, cover with white wine, season with salt, coarse black pepper, a bouquet of parsley, thyme, a laurel leaf, four heads of garlic, and four ounces of onion, cook over a moderate fire; when done, remove the fish, thicken the liquor in which it was boiled with four ounces of butter and a little flour, stir with a wooden spoon over the fire for twenty minutes—be careful it does not burn—pass through a tammy, and pour over the fish which you have previously placed in a shallow stew-pan; sprinkle with chopped parsley, boil for a few minutes, dish up with the heads of the fish raised in the centre of the dish, and cover with the sauce.

Stewed onions.

Cook your onions in hot cinders, peel them, and simmer for twenty minutes in a saucepan, with essence of ham and veal stock, thicken the sauce with a little potato-flour, and if liked, add a pinch of mustard.

Stewed mushrooms.

Prepare the same as stewed onions (see above).

NOVEMBER 28.

Potage à la purée de céleri.
Turbot à la hollandaise.
Selle de mouton à la purée de navets.
Ortolans rôtis en casserole close.
Pommes sautées.
Nougat.

Purée of celery.
Turbot à la hollandaise.
Saddle of mutton with purée of turnips.
Ortolans roasted in a saucepan.
Stewed apples.
Nougat.

Turbot à la hollandaise.

A good turbot ought to be thick, and have a yellow tinge; if it looks at all blue, you may be sure it is not good.

Prepare your turbot with care, soak in cold water for two hours, drain, place in a fish-pan, and cover it entirely with fine salt; at the end of an hour, fill the fish-pan with boiling water and simmer from twenty to forty minutes, according to the size of your fish; when done, drain and dish up on a napkin, garnish with parsley and boiled potatoes, and hand both hollandaise and shrimp sauce in sauceboats.

Ortolans roasted in a saucepan.

Prepare your ortolans the same as for roasting (see 6th of November), place them in a saucepan with a little butter, fix the lid on firmly, and shake over a quick fire; a few minutes suffice to cook them. Serve very hot.

NOVEMBER 29.

Potage purée de marrons à la mancelle.	Purée of chestnuts à la mancelle.
Cabillaud sauce aux œufs.	Boiled cod and egg sauce.
Ravioles au gratin.	Baked raviolis.
Gigot de mouton en chevreuil.	Leg of mutton à la roebuck.
Champignons à l'italienne.	Mushrooms à l'italienne.
Œufs à la neige.	Poached whites of egg.

Purée of chestnuts à la Mancelle.

Make a thick purée of chestnuts (see 5th of November), stir it into a thin purée of game, warm in a bain-marie, and serve with dice of fried bread.

Baked raviolis.

Take a quarter of a pound of veal, four ounces of calf's udder, three ounces of sausage meat, four ounces of either beef marrow or calf's kidney fat, and mixed herbs, mince all up very fine, season with salt and pepper, and pound in a mortar; add a handful of spinach which has been blanched, boiled, drained, and warmed in butter, the same quantity of curd cheese, which you have squeezed in a cloth so as to extract all milk, pound again, stir in two yolks of egg, whip up the whites, and add them to it. Make some short paste, the same as for rissoles, cut into small squares, fold them over a little of the forcemeat, and poach in boiling stock for five minutes, after which, drain and place on a tin dish, sprinkle with grated Parmesan and Gruyère cheese, moisten with stock and brown in the oven.

Leg of mutton à la roebuck.

Prepare the same as roast leg of roebuck (see 5th of September).

NOVEMBER 30.

MENU EN MAIGRE.
Brunoise à la purée de lentilles.
Carpe à la russe.
Croquettes de riz au parmesan.

Bar sauce rémoulade.
Petits pois au beurre (conserve).
Salade de pommes de terre aux truffes.
Gâteau Saint-Charles.

BILL OF FARE FOR FAST DAY.
Brunoise soup with purée of lentils.
Carp à la russe.
Rice croquettes with Parmesan cheese.
Bass, rémoulade sauce.
Preserved green peas with butter.
Potato salad and truffles.

Saint Charles cake.

Carp à la Russe.

Scale and clean out a fine carp, sprinkle with flour, and place in a saucepan thickly lined with butter; moisten with two tumblersful of white wine, and cook in the oven with hot coals on the lid; when done, lay on a foundation of pickled red cabbage warmed in butter, and garnish with glazed onions, mushrooms, sliced gherkins, and serve with horse-radish sauce. This is an excellent dish for fast days.

Potato salad.

Bake your potatoes, peel, and slice them. Cut up some truffles, which have been boiled in white wine, into very thin slices, and arrange them in alternate layers in a salad-bowl with the sliced potatoes; the last layer must be of truffles, garnish with cold boiled young onions, fillets of anchovy, and either stuffed or stoned olives, sprinkle with salt, pepper; season with olive oil and a little vinegar, and serve.

DECEMBER 1.

Potage en gras aux pâtes d'Italie.	Clear soup with Italian paste.
Harengs fumés à la bruxelloise.	Smoked herrings à la bruxelloise.
Chevreuil en civet.	Civet of roebuck.
Dinde truffée.	Turkey-hen stuffed with truffles.
Chicorée à la crème.	Purée of chicory and cream.
Pommes à la Condé.	Apples à la Condé.

Turkey-hen stuffed with truffles; either roasted or braised.

Chop up some breasts of chicken, foies gras, bacon, and truffles, season with salt, pepper, and a laurel leaf, moisten with stock, add two or three dozen whole truffles, and simmer over a very slow fire for half an hour; when cold, place the forcemeat and truffles in a turkey-hen, trussed for roasting; sew up the pouch securely, and hang in a cool place for three or four days, after which, cover it with slices of bacon, and a buttered sheet of paper; when nearly done, remove the bacon and paper, and dish up the bird as soon as a good brown colour; add either some sliced or chopped truffles to the gravy, and hand in a sauceboat.

If you braise your turkey, cut up the breasts of chicken, bacon and foie gras into large dice.

Fresh herrings with mustard sauce.

Choose some herrings with soft roe, clean, and scale them, wash in cold water, and cut several slits down the sides, soak for half an hour in olive oil, salt and pepper; broil over a quick fire, and serve. Stir a dessert-spoonful of mustard into some white sauce, and hand in a sauceboat.

DECEMBER 2.

Potage à la purée de pois secs.	Pea soup.
Soles Colbert.	Soles à la Colbert.
Lapereaux en salade.	Young rabbit salad.
Rosbif en broche.	Roast beef.
Betteraves à la poitevine.	Beetroot à la poitevine.
Grugère au fromage.	Baked cheese.

Young rabbit salad.

Fillet some cold roast rabbits, and soak for an hour in oil and vinegar seasoned with chopped tarragon leaves, pimpernel, chives, salt and pepper. Lay some nice pieces of lettuce in a salad-bowl; add the fillets of rabbit interspersed with fillets of anchovy, capers, chopped beetroot, slices of hard boiled eggs, and minced chervil and pimpernel leaves; garnish with lettuce hearts, and serve.

Beetroot à la Poitevine.

Cut a cold boiled beetroot into slices, warm in brown thickening, season with chopped onions, and mixed spice, and stir in a teaspoonful of strong vinegar just before taking off the fire.

Baked cheese.

Warm four ounces of butter in half a tumblerful of water and a pinch of salt. As soon as it boils, stir in seven ounces of flour; after a few minutes, take the saucepan off the fire, and add four yolks of egg, the whites well whipped, and four ounces of grated Gruyère cheese; pour into a tin dish, cover with very thin slices of cheese, glaze with yolks of egg, and bake for twenty-five minutes. This is a delicious dish.

DECEMBER 3.

Potage à la grecque.	Pea soup à la grecque.
Éperlans ou goujons frits.	Fried smelts or gudgeon.
Côtelettes de veau en papillotes.	Veal cutlets in cases.
Gigot de chevreuil rôti.	Roast leg of roebuck.
Truffes au vin de Champagne.	Truffles boiled in champagne.
Pâtisserie.	Light pastry.

Pea soup à la Grecque.

Mix some brunoise and pea soup together. Cut up a braised fillet of mutton into scallops, pass the sauce in which it was braised through a tammy, and add both mutton and sauce to the soup; skim off all grease, and serve.

Veal cutlets in cases.

Soak your cutlets in oil seasoned with chopped mixed herbs, mushrooms, salt, pepper, and a few drops of either vinegar or lemon juice; after which, wrap each cutlet in a sheet of oiled paper, and simmer in a saucepan over a slow fire, with the olive oil in which they were soaked; when done, drain, and dish up in the cases.

Truffles boiled in champagne.

Line a saucepan with slices of ham and veal, add some peeled truffles, season with a bouquet of mixed herbs, mushrooms, melted bacon fat, salt and pepper, cover with slices of bacon, moisten with champagne, simmer over a slow fire; when done, pass the sauce through a tammy, skim off all grease, reduce, and pour over the truffles.

Marinade of wine or vinegar.

Melt a lump of butter in a saucepan, add some thin slices of onion and carrot, a laurel leaf, a head of garlic, parsley, and pepper, moisten with either water or stock, and a third the quantity of vinegar or wine; boil, pass through a tammy, and keep until required.

DECEMBER 4.

Potage brunoise.	Brunoise soup.
Anguille à la sauce verte.	Eel with green sauce.
Selle de mouton à l'anglaise.	Roast saddle of mutton.
Mauviettes grillées.	Broiled larks.
Poulainte au parmesan.	Polenta à l'italienne.
Flan de frangipane à la moëlle.	Marrow frangipane tart.

Marrow frangipane tart.

Stir four eggs into six ounces of flour in a saucepan, when quite smooth add two tumblersful of milk and a pinch of salt; as soon as it becomes a thick paste, take off the fire, stir thoroughly until perfectly smooth, after which warm over a moderate fire for twenty minutes, stir the whole time; when done, add six ounces of powdered sugar, four ounces of beef marrow (which has been minced and warmed in cream), thirty pounded Jordan almonds, and ten bitter ones; moisten with a small wine-glassful of brandy, and pour into a mould lined with very light paste; bake in a quick oven; when done, turn out of the mould, glaze with white sugar, and serve very hot.

Glaze for cold chickens.

Take five parts of velouté sauce to one of chicken stock, reduce to a glaze, thicken with yolks of egg, pass through a tammy, and if too thick, stir in a little veal jelly.

Polenta à l'Italienne.

Prepare the same as "Maccaroni à l'Italienne" (see 20th of June).

DECEMBER 5.

Potage aux nids d'hirondelles.	Swallows'-nests soup.
Paupiettes de filets de merlans.	Baked fillets of whiting.
Poularde à la Montmorency.	Pullet à la Montmorency.
Gigot rôti.	Roast leg of mutton.
Haricots blancs au jus.	Stewed white haricot beans.
Croûte au madère.	Fried slices of brioche with Madeira.

Swallows'-nests soup.

A swallow's-nest weighs about a quarter of an ounce, and generally costs from three to four shillings. Have a nest for each person, soak in cold water for twenty-four hours, dry with a cloth, open them carefully, and remove any feathers you may find, wash in several changes of water, and simmer for three quarters of an hour in boiling chicken stock; just before taking off the fire, add a pinch of powdered capsicum, and the necessary quantity of chicken stock, which must have been specially made, as one of the chief merits of this soup is to have a very strong, clear stock, very slightly salted.

Boiled slice of cod with egg sauce.

Remove the bone from the centre of your slice of cod, fill the hole with a carrot wrapped in bacon, boil in salt and water; when done, drain, and dish up covered with egg sauce, garnish with boiled potatoes, and hand butter sauce separately.

DECEMBER 6.

Potage à l'oseille à la crème.	Sorrel soup with cream.
Bar sauce au beurre.	Bass, butter sauce.
Mauviettes au chasseur.	Larks au chasseur.
Rosbif à l'anglaise.	Roast beef.
Salade de choux rouges.	Red cabbage salad.
Bavarois au café.	Bavarian coffee cream.

Sorrel soup with cream.

Cook some chopped sorrel in butter until a pulp, stir in a little flour, salt, pepper, and water; as soon as it boils, thicken with yolks of egg and cream, and pour into your soup-tureen on to slices of bread. This is an excellent soup for fast days.

Larks au chasseur.

Brown some small sausages and slices of lean bacon in a saucepan, add your larks and a few mushrooms, sprinkle with flour, moisten with red wine, season with salt and pepper, and serve, after clearing the sauce of all grease.

Larks à la chipolata are prepared in the same manner, with the exception that a few peeled roast chestnuts must be added to the stew.

Sole pie.

Boil two pounds of eel; when done, bone, and boil the bones in the water in which the eel was cooked; season with salt and pepper, reduce to about a tumblerful, and pass through a tammy. Chop up the eel, and mix it well into some grated bread, lemon peel, chopped parsley, an anchovy, salt, pepper, and an ounce of butter, spread this forcemeat at the bottom of a pie-dish lined with paste, fill up with fillets of sole, moisten with the reduced liquor, cover with paste, and bake.

DECEMBER 7.

Potage au riz au coulis d'écrevisses.	Crayfish stock with rice.
Rougets grillés à la maître d'hôtel.	Broiled red mullet à la maître d'hôtel.
Noix de veau à la Godard.	Chump of veal à la Godard.
Lièvre rôti.	Roast hare.
Champignons farcis.	Stuffed mushrooms.
Gelée au rhum.	Rum jelly.

Crayfish stock.

Choose thirty small crayfish, wash them thoroughly, boil in water, and when done, break off the tails, and pound the remainder of the bodies in a mortar with twelve Jordan almonds. Take a quarter of a pound of veal, the same quantity of ham, some onions, carrots, and parsnips, slice them, and simmer for a few minutes, add a little melted bacon fat, and a teaspoonful of flour, stir well, and moisten with strong stock, season with salt, pepper, cloves, basil, parsley, chives, mushrooms, truffles, and crusts of bread, simmer until done, remove the veal, add the pounded crayfish, and pass through a tammy. This is a delicious soup, and is often served with boiled rice, Italian paste, or fried bread; it is also used to moisten various stews and pies; or to boil such vegetables as cardoons or cauliflowers.

Cardoons for fast day.

Clean, scrape, and wash your cardoons, cut up into pieces of equal length, and boil in salt and water; stir in a tablespoonful of flour, and when the vegetables are done, drain, and serve, covered with white sauce.

DECEMBER 8.

Puchero.	Puchero or Spanish soup.
Perches grillées.	Broiled perch.
Quartier de venaison à l'anglaise.	Roast forequarter of venison.
Champignons farcis.	Stuffed mushrooms.
Beignets de pommes.	Apple fritters.

Puchero or Spanish soup.

Put two pounds of steak and four quarts of water into an earthenware pan, bury it about two-thirds in red hot cinders, skim occasionally, and after simmering for an hour, add a large handful of dried chick peas, which have been soaked in water for twenty-four hours; an hour after, add half a pound of well washed salt pork, carrots, a leek, a bouquet of parsley, chervil leaves, and a head of garlic; three quarters of an hour before serving, add a slice of ham, a piece of pumpkin, and, if necessary, a little pepper and salt; pass the liquor through a tammy, and pour into a soup-tureen on to very thin slices of toast, leave for a few minutes so that the toast may swell. Place the meat and vegetables on a large dish, and hand at the same time as the soup.

Red cabbage salad à la Russe.

Cut up a red cabbage into very fine, narrow strips, plunge for a minute into boiling salt and water, cool in cold water, drain, lay in a deep dish, and sprinkle with salt and tarragon vinegar. Stir some mashed hard-boiled yolks of egg into half a tumblerful of sour cream, season with salt, pepper, chopped chervil and tarragon leaves, pour over the cabbage, and garnish with a few slices of lack radish.

DECEMBER 9.

Potage paysanne.	Peasant soup.
Éperlans frits.	Fried smelts.
Entre-côtes aux pommes soufflées.	Broiled ribs of beef and fried potatoes.
Outardes à la russe.	Bustards à la russe.
Macaroni à l'italienne.	Maccaroni à l'italienne.
Croquettes de semoule.	Semolina croquettes.

Stewed calf's kidneys.

Trim and mince the kidneys, toss in a sautapan with butter, salt, pepper, a pinch of grated nutmeg, chopped boiled mushrooms, eschalots, and parsley; add a little flour, and moisten with reduced Spanish sauce and white wine; when thoroughly done, stir in a little butter, the juice of a lemon, and serve.

Chicken fritters.

Cut up a cold roast chicken into joints, and soak for an hour in vinegar seasoned with salt, pepper, and chopped mixed herbs; drain, dry in a cloth, and dip into batter, to which you have added some whipped whites of egg; fry in melted lard or butter, and serve garnished with fried parsley.

Bustards à la Russe.

Pluck, draw, singe, and truss some young bustards, cut a deep slit down each breast, which fill with plenty of butter, sprinkle with salt and pepper, cover with thin slices of bacon, and very thin light paste, brush over with beaten yolks of egg, and bake in the oven. Stir a little brown thickening into some rich gravy, and hand in a sauceboat at the same time as the bustards.

DECEMBER 10.

MENU EN MAIGRE.
Potage aux oignons blancs.
Saumon fumé.
Esturgeon en matelote.
Croquettes de pommes de terre à la béchamel.
Pilets rôtis.
Omelette russe au maizena.
Madeleines à la fleur d'oranger.

BILL OF FARE FOR FAST DAY.
Purée of onions à la Soubise.
Smoked salmon.
Stewed sturgeon.
Potato croquettes with béchamel sauce.
Roast pintail.
Maizena omelet à la russe.
Madeleine cakes.

Stewed sturgeon.

Fry some small round slices of bread; when a good colour, drain, and keep warm in the oven. Cut up a piece of sturgeon into thin slices, place them in a tin dish, sprinkle with melted butter, salt and pepper; bake for a quarter of an hour (be careful to turn the slices of fish); when done, remove them; stir a little flour into the butter left in the dish, season with chopped parsley, chives, and eschalots, moisten with two tumblersful of red wine, and boil for a quarter of an hour; add the fish (do not let it boil), sprinkle with capers, and dish up garnished with the pieces of fried bread.

Maizena omelet à la Russe.

Stir two tablespoonsful of maizena into a pint of milk or water, add eight yolks of egg, sprinkle with a little salt and pepper, beat well, and pour into a frying-pan in which there is some melted butter; cook over a slow fire, and hold a salamander over the omelet so as to avoid turning it; when done, slide it out of the frying-pan on to a dish, sprinkle with a little melted butter, and serve.

DECEMBER 11.

Potage purée Crécy.	Purée of carrots.
Grondins sauce aux câpres.	Fillets of gurnet with caper sauce.
Perdreaux à la parisienne.	Partridges à la parisienne.
Rosbif rôti.	Roast beef.
Salade de cresson de fontaine aux pommes.	Watercress and potato salad.
Charlotte de pommes à la vanille.	Apple Charlotte flavoured with vanilla.

Partridges à la Parisienne.

Brown your partridges in butter, moisten with stock, white wine, and reduced Spanish sauce, simmer for three quarters of an hour; when done, remove the partridges, skim all grease off the sauce, reduce it, stir in a lump of fresh butter, pass through a tammy, and pour over the birds.

White onion sauce.

Slice your onions, and boil in veal stock, season with salt and pepper, pass through a tammy, stir a little cream into the purée, and hand in a sauceboat. If a brown onion sauce is required, do not use any cream, and brown the onions in butter before boiling them.

Redbreasts.

These little birds can be dressed in a variety of fashions; if for roasting, wrap them up in calf's udders; they are very good in a salmis, or broiled in cases lined with quenelle forcemeat, or cooked in beef marrow, sprinkled with chopped mixed herbs, lemon juice, and grated crusts of bread.

Watercress and potato salad.

Wash, trim, and drain your watercresses, place in a salad-bowl with some very thin slices of cold boiled potato. Dress with salad sauce (see 3rd of February).

DECEMBER 12.

Potage au riz.	Rice soup.
Gigot de mouton braisé.	Braised leg of mutton.
Mauviettes en côtelettes.	Lark cutlets.
Homards à la bordelaise.	Lobsters à la bordelaise.
Épinards au velouté.	Spinach with velouté sauce.
Glace à la vanille.	Vanilla ice.

Lark cutlets.

Bone your larks, flatten them out as much as possible to the shape of a cutlet, fill all holes with forcemeat, sprinkle with salt and pepper, and cook in butter over a quick fire; when done dish up, and cover with any sauce that may be fancied.

Lobsters à la Bordelaise.

Cut up each lobster into eight pieces, break the claws without spoiling their shape, and boil for twenty-five minutes in white wine, seasoned with a head of garlic, laurel leaves, thyme, parsley, salt and pepper; place the cover on the saucepan, and stir occasionally to prevent the sauce burning; when done, dry each piece in a cloth, and lay in a clean saucepan. Brown some sliced onions and eschalots in butter, stir in a little flour, and when quite thick moisten with some of the liquor in which the lobsters were boiled, stir over a quick fire for ten minutes, add two wine-glasses full of tomato sauce, and a pinch of cayenne, as this dish must be highly flavoured; pour the sauce over the lobsters, and warm for a few minutes; dish up the pieces so arranged as to give the appearance of the lobsters not having been cut, garnish with the claws, cover with the sauce, and serve.

DECEMBER 13.

Potage Livonien.	Livonian soup.
Thon frit.	Fried tunny.
Poulets en fricassée.	Fricassée of chicken.
Filet de cerf rôti.	Roast fillet of venison.
Champignons au gratin.	Baked mushrooms and bread-crumbs.
Brioche à la crème.	Brioche.

Livonian soup.

Mince, blanch, and drain some carrots, turnips, celery, parsley, leeks, and onions, warm in butter, add two handsful of washed rice, moisten with the necessary quantity of stock, and boil; when done pass through a tammy, stir in some boiled cream and yolks of egg, warm the soup, and pour into a soup-tureen on to sippets of fried bread.

Fried tunny.

Cut up a piece of tunny into slices about two inches thick, soak for three hours in olive oil, seasoned with salt, pepper, lemon juice, and chopped parsley; fry over a slow fire in olive oil, and when a good colour dish up, and serve covered with rémoulade sauce.

Roast fillet of venison.

Trim and lard the fillet with fine strips of bacon, and soak for forty-eight hours in white wine and vinegar, seasoned with a large bouquet of mixed herbs, onions stuck with cloves, and coarse black pepper; if a large fillet, leave it in soak for three or four days. Roast and baste with the liquor in which it was soaked; when done, serve with poivrade sauce, to which you have added a little of the dripping of the fillet.

DECEMBER 14.

Potage à la Saint-Germain.	Pea soup à la Saint Germain.
Raie au beurre noir.	Skate with black butter sauce.
Cuisses d'oie grillées à la lyonnaise.	Broiled goose thighs à la lyonnaise.
Filet de bœuf rôti.	Roast fillet ot beef.
Céleri au jus.	Stewed celery.
Madeleines.	Madeleine cakes.

Pea soup à la Saint Germain.

Make a purée of green peas, add some whole green peas, and a little chopped chervil, and serve. If in winter make the purée of dried peas, add some cream to it, and a few whole preserved green peas.

Broiled goose thighs à la Lyonnaise.

Slice six big onions, and fry in lard; when a good colour, take them off the fire, and keep hot. Warm three or four cold roast goose's thighs in lard; when done, dish them up, cover with the fried onions, and pour either poiorade or piquante sauce over them.

Roast hare à la Finnoise.

Warm some carrots, turnips, onions, laurel leaves, and a bouquet of mixed herbs, in butter, moisten with equal quantities of stock and vinegar, and pour over a hare, which you have skinned, singed, larded, and placed in a deep pan, fix on the lid firmly, and leave for twelve or fifteen hours, after which roast the hare, baste with the liquor in which it was soaked, and serve. Stir two or three tablespoonsful of sour cream into the dripping, and pour over the hare.

DECEMBER 15.

Potage à la Colbert.	Soup à la Colbert.
Coulibiac d'anguilles.	Coulibiac of eel.
Côtelettes de mouton financière.	Mutton cutlets à la financière.
Perdreaux rôtis.	Roast partridges.
Cardons à l'italienne.	Cardoons à l'italienne.
Beignets à la Chantilly.	Fritters à la Chantilly.

Coulibiac of eel (a Russian dish).

Make some brioche paste (see 24th of December), but do not use any sugar, wrap it up in a cloth, and keep in a warm place for twelve or fifteen hours; after which roll it out to about half an inch thick, take half of it and lay in a baking tin, on a buttered sheet of paper, cover with alternate layers of rice, which has been boiled in water or stock, chopped hard-boiled yolks of egg, and fillets of eel; sprinkle with salt, pepper, spice, and chopped mixed herbs, cover with the remainder of the paste, make it as much the shape of a ball as possible, moisten the edges, so that they may adhere firmly, and bake in a moderate oven.

Fritters à la Chantilly.

Take a pound of flour, three eggs, and a very fresh cream cheese; stir thoroughly together, add a little white wine, an ounce of powdered sugar, and a pinch of salt; plunge a dessert-spoonful at a time of the batter into boiling lard, drain, and serve, sprinkled with powdered sugar.

Fried tendons of veal.

Trim the tendons, cut them up into pieces about three inches long, and soak for an hour in vinegar and water; after which drain them, sprinkle with flour, and fry in either butter or lard until a good colour.

DECEMBER 16.

Potage aux ravioles.	Clear soup with raviolis.
Blanquette de veau.	Tendons of veal with white sauce.
Merlans aux fines herbes.	Baked whiting with fine herbs.
Râble de lièvre rôti.	Roast baron of hare.
Purée de céleri-rave aux croûtons.	Purée of celery-root with fried bread.
Gâteau Saint-Louis.	Saint Louis cake.

Tendons of veal with white sauce.

Cut up a breast of veal or some tendons into small pieces; blanch them, and cook in a saucepan with salt, pepper, a bouquet of mixed herbs, young white onions, a little flour, and moisten with water; when done, add a large lump of butter, a pinch of grated nutmeg, a few drops of vinegar, and thicken the sauce with yolks of egg.

Egg forcemeat.

Pound a well-cooked omelet in a mortar with a few hard-boiled yolks of egg, butter, and bread panada, made with milk (see 20th of August), stir in some yolks of egg, and the whites, which must be well whipped.

Saint Louis cake.

Line the sides of a shallow tin mould with paste made with seven ounces of flour, four ounces of butter, a pinch of salt, and a few drops of water. Pound two ounces of almonds, and stir into two ounces of butter, two ounces of flour, four ounces of sugar, and two whipped whites of egg, pour into the mould, sprinkle with chopped almonds, and bake in a moderate oven; when done, turn out of the mould, sprinkle the almonds with powdered sugar, and serve, either hot or cold.

DECEMBER 17.

Potage à la purée de lentilles.	Purée of lentils.
Rougets en caisse.	Red mullet in cases.
Navarin de mouton.	Haricot mutton.
Canards sauvages rôtis.	Roast wild duck.
Croûte aux champignons,	Mushrooms on toast.
Crème à la vanille.	Vanilla cream.

Vanilla cream.

Boil a stick of vanilla for twenty minutes in a tumbler and a half of cream, keep the lid on the saucepan. Stir twelve yolks of egg and one whole egg into half a pound of powdered sugar, and a pinch of salt; remove the vanilla, and add the cream drop by drop, pass through a fine silk sieve, and pour into a mould lined with melted butter; cook in a bain-marie, place hot coals on the lid; when the cream is set, turn out of the mould, and cover with the following sauce. Stir eight yolks of egg into half a pound of sugar and a pinch of salt; place on the fire in a saucepan, add a tumbler and a half of cream and a stick of vanilla; stir the whole time, and when thick enough, pour over the cream.

Navarin of mutton.

This is a new name given to the celebrated old dish "Haricot mutton."

DECEMBER 18.

Consommé aux pâtes d'Italie.	Clear soup with Italian paste.
Vol-au-vent de quenelles et de godiveaux.	Vol-au-vent of fowl and truffle forcemeat.
Rouelles de cerf à la Saint-Hubert.	Sliced fillet of venison à la Saint-Hubert.
Faisan rôti.	Roast pheasant.
Épinards à l'anglaise.	Spinach à l'anglaise.
Beignets soufflés.	Soufflé fritters.

Forcemeat of fowl and truffles.

Chop up and pound a pound of breast of fowl, half a pound of suet, one ounce of spiced salt, a pinch of grated nutmeg, and four eggs, place in a bowl, and leave in the refrigerator for an hour; after which, pound again with some pieces of meat glaze, which have been soaked in water, stir in four tablespoonsful of chopped truffles, and two tablespoonsful of velouté sauce, and poach in boiling water or stock.

Sliced fillet of venison à la Saint-Hubert.

Cut up a fillet of venison into thick slices, lard them with thick strips of bacon, warm in a saucepan with either melted bacon fat or butter; moisten with equal quantities of stock and red wine, season with salt, pepper, and a bouquet of mixed herbs; cook over a slow fire, stir in a little brown thickening, a lump of sugar, and some sliced gherkins. Serve very hot. This stew ought to be eaten by all true lovers of venison, the day after St. Hubert's day, in which case, some fine preserved prunes must be cooked with the venison.

DECEMBER 19.

Potage aux pain grillé.	Clear soup with toast.
Pièce de bœuf aux oignons glacés.	Boiled beef and glazed onions.
Cervelles sauce matelote.	Calf's brains stewed in matelote sauce.
Pain de perdreaux.	Purée of partridge.
Poisson frit.	Fried fish.
Macédoine de légumes.	Macédoine of vegetables.
Beignets soufflés au maizena.	Soufflé maizena fritters.

Calf's brains stewed in matelote sauce.

Trim, soak, and boil the brains, simmer in matelote sauce (see 24th of December), and serve.

Purée of partridge.

Make a purée of partridge the same as for soufflé of partridge (see 17th of October), pour it into a buttered mould, and cook in a bain-marie for half an hour; when done, turn out of the mould, and cover with a sauce made of essence of game and Spanish sauce.

Soufflé maizena fritters.

Warm half a pound of butter, two large lumps of sugar, and half a wine-glassful of water in a saucepan; as soon as it boils add two ounces of maizena, which you have stirred into half a wine-glassful of water, and two ounces and a half of wheaten flour; take the saucepan off the fire, and leave for a quarter of an hour, so that the paste may dry, after which, stir in three eggs; if too stiff, add another egg, and plunge a tablespoonful of the paste at a time into boiling lard. Serve when a good colour.

DECEMBER 20.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage de semoule au lait.	White semolina soup.
Choux farcis à la russe.	Stuffed cabbages à la russe.
Pluviers aux truffes.	Stewed plovers and truffles.
Soles farcies.	Stuffed soles.
Pouding de navets.	Turnip pudding.
Gâteau d'amandes.	Almond cake.

Stuffed cabbages à la Russe.

Warm a finely-chopped onion in butter, do not let it brown, add some chopped mushrooms, parsley, salt, pepper, a pinch of grated nutmeg, and two or three tablespoonsful of semolina, and when done, take the saucepan off the fire. Pluck the finest outside leaves off your cabbages, and place them on one side; cut the cabbages into quarters, blanch, and drain them; cut out the hard pieces from the centres, sprinkle with salt and pepper, and spread a little of the stuffing between each leaf, tie up the pieces of cabbage to their original shape, with the large leaves placed round them, and boil in water seasoned with onions, carrots, a bouquet of mixed herbs, and a lump of butter; when done, drain them, and serve. Hand some melted butter in a sauceboat.

Stewed plovers and truffles.

Pluck, draw and singe the plovers, and warm in butter with some carefully peeled truffles, a bouquet of mixed herbs, salt and pepper, moisten with brown thickening, and white wine; when done, dish up the plovers and truffles, pass the sauce through a tammy, and pour over them; if the sauce is too thin, reduce it.

DECEMBER 21.

Potage de riz à la purée de pois.	Purée of peas with rice.
Petits truites bouillies sauce crevettes.	Boiled trout, shrimp sauce.
Filets de mouton braisés.	Braised fillets of mutton.
Dinde truffée.	Truffled turkey-hen.
Céleri au jus.	Stewed celery.
Beignets de pommes.	Apple fritters.

Truffled turkey-hen.

Peel your truffles, and warm them in a saucepan with scraped bacon; when cold, roll them in minced bacon highly seasoned with chopped herbs, salt and pepper; stuff a turkey-hen with the truffles and stuffing, cover it with slices of bacon, wrap up in a cloth, and hang it for eight days; after which, cover it with fresh slices of bacon, a sheet of buttered paper, and roast.

Apple fritters.

Peel some fine russet apples, scoop out the cores, and cut them into quarters, soak for an hour in brandy, flavoured with cinnamon and green lemon peel; after which, drain them and dip into thin batter, fry in melted lard or butter; when a good colour, place on a baking dish, sprinkle with sugar, and glaze, either in the oven or with the salamander; dish up in a pyramid, and serve very hot.

A good sauce for cold scraps of meat.

Make some Robert sauce, and thicken it with yolks of egg, flavour with a few drops of vinegar and mustard; warm the scraps in the Robert sauce before thickening it, and do not let it boil.

DECEMBER 22.

Potage au sagou.	Sago soup.
Châteaubriand au beurre d'anchois.	Fillets of beef with anchovy butter.
Pieds de mouton frits.	Fried sheep's trotters.
Mauviettes grillés.	Broiled larks.
Pommes de terre Macaire.	Fried potatoes à la Macaire.
Gâteau Saint-Charles.	Saint-Charles cake.

Broiled larks.

This manner of cooking larks is expeditious, and often stands a cook in good stead. Pluck and singe the larks, cover them with slices of bacon, place on the gridiron over a quick fire, turn them, and remove before quite finished cooking; place on a buttered tin dish, and put in the oven until done, dish up the larks on slices of fried bread, pour the melted butter over them, and serve.

Mutton cutlets à la financière.

Lard your cutlets, braise them, and dish up garnished à la financière (see 27th of December).

Saint-Charles cake.

Blanch and pound half a pound of Jordan almonds, moisten with the white of an egg, and two tablespoonsful of orange-flower water, flavour with grated lemon peel; add four yolks of egg, half a pound of powdered sugar, stir for several minutes, after which, add the four whites of egg well whipped, pour into a shallow plain mould, the sides of which must be lined with very thin light paste, turn in the edges of the paste so that the almond mixture shall not burn, and place in a slow oven; as soon as the cake begins to brown, cover it with a sheet of paper, and when done, turn out of the mould, and serve.

DECEMBER 23.

Potage paysanne.	Peasant soup.
Noix de veau à la purée d'oseille.	Chump of veal with purée of sorrel.
Carpe grillée.	Broiled carp.
Quartier de venaison rôti.	Roast forequarter of venison.
Épinards au jus.	Stewed spinach.
Gâteau Saint-Honoré.	Saint-Honoré cake.

Purée of sorrel.

Pick, wash, drain, and thoroughly dry your sorrel leaves, soak them in boiling water for ten minutes, stir with a drainer the whole time; after which, drain, and when cold, place in a saucepan with brown thickening, and some uncleared stock, which has been passed through a tammy; as soon as it boils, put the saucepan by the fireside and simmer the sorrel until done; clear off all grease, pass through a tammy, and keep warm until time to serve with a roast chump of veal.

Roast forequarter of venison.

Bone, beat, and sprinkle the venison with salt. Make some paste with flour, eggs, a little water, and a pinch of salt, leave in a cool place for an hour, after which, roll it out very thin; lay slices of bacon on the venison, sprinkle with salt and pepper. Wrap it up carefully in the paste, stick the edges firmly together by moistening them with a little water; cover the whole with a buttered sheet of paper, and roast; when nearly done, remove the paper, and brown the paste, take the joint off the spit very carefully, and serve. Hand poivrade sauce, and red currant jelly separately.

DECEMBER 24.

Riz à la Crécy.	Crécy soup with rice.
Raie aux fines herbes,	Skate with mixed herbs.
Civet de lièvre.	Civet of hare.
Oie rôtie farcie de marrons.	Goose stuffed with chestnuts.
Salsifis frits.	Fried salsifis.
Brioche à la crème.	Brioche.

Brioche.

Take a pound of flour, a quarter of an ounce of salt, half an ounce of powdered sugar, six eggs, a pint of whipped cream, and three quarters of a pound of fresh butter; take a quarter of the flour, make a well in the centre of it, add a little German yeast, and stir in sufficient luke-warm milk to make a soft paste; place it in an earthenware pan with a lid, and leave in a warm place until risen to twice its original size. Make a well in the remainder of the flour, add the salt, sugar, butter, and the eggs, one at a time, when quite smooth, stir in the whipped cream and the paste made with yeast, and leave for three hours; after which, stir the paste with a spoon, and place it in a buttered mould, bake in a quick oven, and when done, turn out of the mould, and serve.

Matelote sauce.

Brown some young onions in butter; when done, remove them, moisten the butter with equal quantities of white or red wine and stock, season with salt, pepper, and a bouquet of mixed herbs; boil the sauce, reduce it, add the onions, and some blanched mushrooms, and serve.

DECEMBER 25.

Potage à la purée de poireaux.	Purée of leeks.
Matelote d'anguille.	Stewed eel.
Sauté de filets de volaille.	Fillets of fowl cooked in butter.
Filet de mouton rôti.	Roast fillet of mutton.
Croûte aux champignons.	Mushrooms on toast.
Pommes en croustade.	Apple tart.

Fillets of fowl cooked in butter.

Fillet one or two fowls, remove the skin and nerves, wet the corner of the kitchen table, take a fillet at a time, hold it down quite flat and firmly with one hand, and pass a knife between it and the table, which will cause the second skin of the fillet to stick to the wet wood. Cook the fillets in a saucepan with melted butter; when done, drain them, and dish up in a circle with alternate pieces of fried bread, fill the centre with either German, Italian, or béchamel sauce, or with a purée of game.

Golden thickening.

Melt a pound of butter in a saucepan, add sufficient wheaten flour to make it slightly thick, stir over the fire, and as soon as the sauce begins to colour, make a smaller fire, and simmer until done. Keep the thickening in a covered jar until required.

DECEMBER 26.

Potage de consommé aux quenelles.	Clear soup with quenelles.
Harengs fumés à la bruxelloise.	Smoked herrings à la bruxelloise.
Poulet à la Marengo.	Chicken à la Marengo.
Filet de porc rôti.	Roast fillet of pork.
Pommes sautées.	Fried potatoes.
Gelée au marasquin.	Maraschino jelly.

Smoked herrings à la Bruxelloise.

Hold the herrings over hot steam or cinders, after which skin and fillet them, oil a large paper case, and place the fillets round it; stir some chopped mushrooms, parsley, mixed herbs, chives, eschalots, a little garlic, and white pepper into a large lump of butter, spread a layer of this stuffing between each fillet, sprinkle with olive oil and grated bread crust; broil on the gridiron over a quick fire, and when done, dish up in the case, and hand pieces of lemon separately.

Chicken à la Marengo.

Cut up your chicken into joints, and warm in a saucepan, with butter, a little gravy, minced ham, slices of onion, salt and pepper, toss over a quick fire; as soon as the chicken and onions are cooked, and a good colour, sprinkle with lemon juice, and serve.

Ravigote provençale sauce.

Boil a teacupful of clear stock over a slow fire, season with two heads of garlic, a bouquet of mixed herbs, and a pinch of white pepper; when reduced, remove the garlic and herbs, add a teacupful of tarragon vinegar and the same quantity of meat glaze; reduce, pass through a tammy, stir in some chopped tarragon and chervil leaves, a lump of butter the size of a walnut, and serve.

DECEMBER 27.

Potage Baraquine.	Baraquine soup.
Bouchées aux huîtres.	Oyster patties.
Turbot sauce crevettes.	Turbot, shrimp sauce.
Filet de bœuf rôti garni d'un ragoût financière.	Roast fillet of beef garnished à la financière.
Paon rôti ou en daube.	Cold roast or braised peacock.
Croûte aux champignons.	Mushrooms on toast.
Bavarois glacé.	Iced Bavarian cream.

Cold roast or braised peacock.

Do not pluck your peacock, but skin it carefully, so as not to disturb the feathers, take care not to spoil the head and neck, lard the breasts with fine strips of bacon, and roast; when done, leave until cold, after which, place the feathers on the bird in their original position, raise the head and neck with a piece of wire, spread out the tail in a fan shape, and serve. As a peacock dressed with its feathers must be served cold, it is nicer braised than roasted, as the stuffing seasons it more highly; in this case prepare it the same as cold braised goose (see 27th of February). This dish is a magnificent ornament on a dinner or supper table.

Sauce à la financière.

Boil three or four tablespoonsful of minced raw ham, some truffle trimmings, mushrooms, a bouquet of mixed herbs, and three whole black peppers in equal quantities of stock and white wine, reduce to half the original quantity, clear off all grease, and pass through a tammy. Stir some stock into a little brown thickening in a separate saucepan, reduce, add the previously made sauce, and serve.

Garnish à la financière.

Cook some foie gras, cockscombs, and livers, chicken quenelles, mushrooms, and truffles in financière sauce, and use as a garnish.

DECEMBER 28.

Purée de navets aux croûtons.	Purée of turnips and fried toast.
Moules à la Villeroi.	Mussels à la Villeroi.
Côtelettes de chevreuil sautées.	Stewed roebuck cutlets.
Poularde rôtie.	Roast pullet
Truffes sous la cendre.	Broiled truffles.
Darioles au riz.	Duchess cakes.

Villeroi sauce.

Warm some fresh butter, stir in a little flour and white stock, add an onion stuck with cloves, chopped ham, mushroom trimmings, and a bouquet of mixed herbs; boil for twenty-five minutes, pass through a tammy, thicken with yolks of egg and cream, and serve.

Stewed roebuck cutlets.

Sprinkle the cutlets with salt and pepper, cook them in a saucepan with melted butter; when half done, turn them, add a little flour, moisten with equal quantities of white wine and stock, season with chopped eschalots, parsley, and blanched mushrooms; remove the cutlets when done, place them round an entrée dish; reduce the sauce, pass it through a tammy, and pour over the cutlets.

Broiled truffles.

Wash and peel your truffles, wrap them up in slices of bacon, sprinkled with salt and pepper, cover each one with four pieces of paper, which have been dipped in cold water, bury the truffles in hot cinders, and leave for a quarter of an hour; after which remove the first two pieces of paper, and serve.

DECEMBER 29.

Potage au tapioca Crécy.	Crécy soup with tapioca.
Brèmes grillées à la mayonnaise.	Broiled sea-bream, Mayonnaise sauce.
Gigot de sept heures.	Stewed leg of mutton.
Bécasses rôties en salmis de table.	Salmis of woodcock.
Pouding de navets.	Turnip pudding.
Macédoine de fruits au champagne.	Macédoine of fruit with champagne.

Salmis of woodcock.

This dish is often prepared at table. Cut up some roast woodcock into joints, place the dish over a spirit lamp, sprinkle the pieces of bird with salt, pepper, chopped eschalots, white wine, lemon juice, a little melted butter, and grated bread-crust; simmer for ten minutes; take care to turn the joints when half done, and serve very hot.

Turnip pudding.

Wash, blanch, peel, and dry some fine large turnips, cut up into slices, and warm in a saucepan with melted butter, add salt, pepper, and a pinch of powdered sugar, stir in some reduced white béchamel sauce, boil for a minute, pass through a tammy, and add sufficient eggs to make the purée a good substance, pour into a well-buttered mould, which has a well in the centre, cook in a bain-marie, and when done, turn out of the mould, garnish the centre with prettily-cut vegetables, which have been cooked in béchamel sauce, and serve. A little double cream is a great improvement to this dish, which can also be made of pumpkin, spinach, or carrots.

DECEMBER 30.

MENU EN MAIGRE.
Potage de poisson aux herbes.
Croquettes de riz au parmesan.

Filets de sarcelles aux anchois.
Brochet sauce ravigote provençale.
Purée de pommes de terre gratinée.
Gelée d'oranges.

BILL OF FARE FOR FAST DAY.
Fish soup with chopped herbs.
Rice croquettes and Parmesan cheese.
Fillets of teal and anchovies.
Pike, provençale ravigote sauce.
Baked purée of potatoes.
Orange jelly.

Fish soup with chopped herbs.

Cook some chopped lettuce, chervil, celery, and sorrel leaves in fish stock. Stir some yolks of egg into a little fish stock; when thick, add to the boiling soup and vegetables, and as soon as done, pour into a soup-tureen on to slices of bread, which have been sprinkled with either olive oil or melted butter.

Fillets of teal and anchovies.

Fillet your teal, which have been about three quarters roasted, lay them on a tin dish, which has been slightly buttered and sprinkled with grated parmesan cheese; place a fillet of anchovy on each piece, moisten with fish stock, sprinkle with bread-crumbs and grated Parmesan cheese, and bake in the oven, or on the gridiron; in the latter case you must hold a salamander over the fillets so as to brown them. Squeeze the juice of a lemon over them before serving.

Baked purée of potatoes.

Peel, wash, and chop up your potatoes, cook them in a saucepan with a little water, a lump of butter, salt, and a pinch of grated nutmeg, place hot coals on the lid of the saucepan; when done, mash the pieces of potato with a wooden spoon; if the purée is too thin, reduce it, stir in a lump of butter, pour into a tin dish, and brown in the oven.

DECEMBER 31.

Bisque d'écrevisses.	Crayfish soup.
Poule au riz.	Boiled fowl and rice.
Filets de sole en turban.	Baked fillets of sole turban fashion.
Hure de sanglier.	Boar's head.
Salade de légumes.	Vegetable salad.
Gâteau aux amandes.	Almond cake.

Boar's head.

Boil some laurel leaves, mixed herbs, heads of cloves, and whole black peppers, in very strong salt and water, pass through a tammy, and leave until cold. Singe and scrape the boar's head, be careful not to cut the skin, clean out the nostrils and ears with a hot iron, wash and bone the head, spread it out on a table, cut off all the flesh, and divide it into narrow fillets. Put the empty head to soak in the brine. Soak the fillets and a few slices of the boar's flesh in white wine, seasoned with onions carrots, herbs, salt, pepper, and mixed spice; leave both head and fillets to soak for twenty-four hours, turn them occasionally, and when required for use, drain, dry, and spread them out on a table, with the inside of the head turned upwards. Have some fillets of rabbit, breasts of chicken and partridge, two sliced pickled tongues, and sliced truffles ready prepared; pound the carcases of the rabbits and birds in a mortar, with a few slices of veal and bacon; spread a layer of this forcemeat on the head, and fill it up with the fillets of of boar, rabbit, chicken, partridge, tongue, and truffles; if there are any interstices stop them up with forcemeat, sew up the head to its original shape, tie it up tightly in a cloth, and place in a braising-pan with mirepoix made with Madeira; when cooked, drain it, tie a broad tape round the head, over the snout, leave for twenty-four hours, after which cut off the tape, cover the head with lard, and sprinkle with grated bread-crust.

Béarnaise sauce.

Stir five or six yolks of egg in a saucepan over a slow fire; when quite thick add the same quantity of melted meat glaze as there are eggs, do not let it boil, flavour with the juice of two lemons, a few drops of vinegar, and the essence of seven or eight eschalots, which make by pounding them and squeezing the juice through a cloth; stir the sauce with a wooden spoon, and hand in a sauceboat.

Curry sauce.

Take three ounces of butter and a dessert-spoonful of curry powder, stir over the fire until the butter begins to brown, moisten with velouté sauce and stock; if you have no velouté, use strong gravy; reduce, skim off all grease, and warm in a bain-marie; when ready to serve, stir in a lump of butter, and if not sufficiently highly seasoned add a pinch of cayenne pepper.

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